



***Kangne tang
ia
u Siej***

S. KHONGSIT

**Revised and Enlarged Edition
1999**

**KA SOCIAL FORESTRY
KA LONG
KA JINGTHUNGTIENG
DA U PAITBAH BAD NA KA
BYNTA U PAIDBAH.**

**PYNTHIKNA IA KA LAWEI JONG KA
JAITYNRIEW LYNGBA KA MARIANG
KABA KOIT KABA KHIAH DA KABA IA
DON KTI HA KA JINGTHUNGTIENG
JONG KA SOCIAL FORESTRY**

**Lada phi kwah symbai wan rung ha ka ophis Social Forestry
bajan tam.**

La pynmih da ka

**EXTENSION WING,
FOREST & ENVIRONMENT DEPARTMENT,
MEGHALAYA.**

***Kangne tang
ia
u Siej***

S. KHONGSIT



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**Revised and Enlarged Edition
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*Shillong - 793009***



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KA LAMPHRANG

Ka mariang ha ka jingmaian bad ka jingbuhrieh jong ka ia ki spah markhlaw byin lah niewtang shuh ka la lum thup halor kine ki lum. Kine ki lum, ki them ki lyhuh, ki pyntha madan, ki riat ki ram, etc. Nalor ba ki itynnad katue katue, la pynkup ha ki da ki Tusbir ba iphieng kiba phalang ha ki jingiohi ba iai kylla man ba ka pynthymmai ia ki Samoi jong ka.

Ka jingdon kyurei jong ki Laiphew skit ki spah mar khlaw, ki long kiba ngi dei hok shisha ban sngew phuhmat. Ka ri China kaba pawnam ha ka jingdon ki jait siej kiba pher, la ong ha ka don palat ia ka 30 jait. Ka Jylla Assam ka pawnam ha ka jingdon siej ka don 18 jait. Ka Meghalaya, wat la ym pat lah ban ong thukna, hynrei ngim duna ia ka 30 jait ki jait siej bapher

Ha ine i kitab namar ba nga la shim ban kynthup tang shaphang u siej, kumta ngin ym ktah ia kiwei pat ki mar khlaw. Napdeng kiba bun ki jait siej kiba ngi don, katto katue na ki, kum u Pantabat, u Rthem, u Tyrlaw, u Tangei, u Sparbah bad wat u Stew ruh, ki long kiba ngi don tang kum ki nongmuna. Kumta ngi dei ban ri tyngkai ia ki.

Wat napdeng ki jait siej kiba ngi khein shngain ba ngi don pahuh, hynrei mynta kim pahuh shuh. Bun na ki lada ngim sumar bad ialeh ban ri tyngkai, kin sa nang jah ngai sakt. Ka long namar kata kaba dei eh ba ngin im sngi ban sumar bad ri tyngkai ia ki.

"Shynna Diengiei"

S. Khongsit

San Mer, Upper Shilong,

Thje 7th. Septemebr 1987.

KA LAMPHRANG

(Sien shon ba ar)

Ha kane ka sien shon kaba ar (second Edition) ka jingpynbeit ia kaba nyngkong ruh ka la snah. Nalor kata nga la nang kynthup shuh ia ki jait siej kiba la nang lap katba nang wad. Ka jingtip ia ka Mariang ka long kaba dap da ki jingbuhrieh bad kaba iar eh. Kumta ha kane ka kot ruh wat la la pyrshang ban leh bniah, hynrei khlem artatien ki nongpule lehse kin lap ia ki jingduna hangne hangtai. Kumta lada don kino kino ki jingai jingmut ban nang pynbha, nga pdiang da kaba sngewnguh eh.

S. Khongsit

JINGSGEWNGUH

Ha kaba pynkhreh ban pynmih ia kane ka kot, nga la ioh ban lum jingtip shaphang ki siej na ki dong ba pher bapher ka Jylla. Nga pynpaw hangne ka jingsngewnguh eh ia kito baroh kiba la iarap khlem tyngkai ban ai ki jingtip ba kordor, bad khlem ka jingiarap jong ki ngan ym lah ban pynmih ia kane ka kot kumba ka long. Kine harum kilong kiba la ai jingiarap shibun:-

1. Parad Kynji Shadap (ba la khlad), U Bah Stanley Shadap, Bah Everwell Shadap na Sohnidan, Kpa U Drem Khymdeit na Mawpat, Parad Jat Muktieh na Korhadem, U Doloi Maiong, Bah Balsingh Umbah na Umrasun, Bah Khatirshon Muktieh na Umlaper, Bah Phim Singh Sohlang na Mawkhan (Rambrai), Bah Hosking Lyngkhei na Jakrem, Ma Nodon Roy Khongsit na Nongthymmai, Bah G. R.

Chyne na Tynrong, Bah Deemest Warjri na Mawlong, Bah Bronel Khongji na Laitmawsiang, Kong Wari Marbaniang na Sanmer, Upper Shillong, Bah Den Khongsit na Wahkhen, Kong Thup-ei Tynsong na Umñiuh Tmar, Bah Helik Roy Thabah na Nongmajiej, Bah Iakim Lyngdoh na Umwai, Bah Ronit Khongsit na Khrang, Bah Mawsingh Kharsati, Bah Worbin Thawinuit na Mawklot, Bah J. Syngngai na Kutmadan, Bah S. Lyngdoh na Lawbah, Bah Tai Singh na Nongmawleiñ. Mr. W.C. Marak na Nagarpura, Kong Lida Khonglam na Solkynduh bad U Bah Joseph Makdoh na Umtngam. Don ruh sa kiwei kiwei kiba lehse nga kiet ban kynthup bangne, nga kyrpad kin sngwebha ban ym thew.

Ka jingsngewnguh ba kyrpang ia U Dr. T. M. Hynñiewta, Systematic Botanist jong ka Botanical Survey of India, Shillong uba la iarap shibun eh ha kiba bun ki liang.

S. Khongsit.

JINGSNGEWNGUH

(Second Edition)

Sa shisien pat nga pynpaw ka jingsngewnguh eh ia U Dr. T. M. Hynñiewta, Head of Office Botanical Survey of India, Eastern Circle, Government of India, Shillong uba la iarap ha kiba bun ki liang ha kaba pynmih ia kane ka kot. Ka jingsngewnguh ba kham kyrpang ia U Dr. U. Shukla, Botanist jong ka B.S.I. Shillong, uba la aibuit ia ka rukom ban study ia ki siej bad ruh uba la iarap shibun eh ha kaba ai kyrteeng Science ia ki siej. Nga buh ruh hangne ia ka kyrteeng jong kito

kiba la iarap shibun eh ha kane ka kynti. I bah Carmel Makri na Paham Syiem (Nongpoh), Bah W.C.Nongrem na 'Keniong, bah Teibo Kharbani na Tynghor, Bah Norman Syiemlieh na Lawse, Bah Doninic Nongtraw na Wahlong, Bah N. Dkhar na Mawthawpdah, Bah Lang Khongwar, Upper Shillong, Bah Starshon Lapang bad Bah Nomos Nongphlang na New Jirang, I Kong Bun Swer na Laitsohpliah Bah Everward Rynjah na Nongkynrih, I Bah Spiton Kharakor, Bah Bikalson Kharduia na Mawlynnong, Mrs. H. J. Sangma, Mr. S. M. Sangma, Mr. T. G. Momin bad Mr. E. K. Marak. Nga pynpaw ka jingsngew- nguh shi katdei eh ia ki Department bad Private Firm kiba la iarap da kaba ai ki Displayed Advertisement. Ki don bun kiwei kiwei ruh kiba la iarap hynrei kiba ngam lap ban kynmaw ban buh ia ka kyrteng hangne, nga pan map na ki ba kin ym sngewdiaw. Ka jingsngewnguh eh ka leit kumjuh sha ki.

S. Khongsit



U Siej Khongpong
(Uba dang lung)



Siej Khongpong
(Uba la iaw)



U Stew

U Stew Iong
(*Arundinaria hirsuta*)

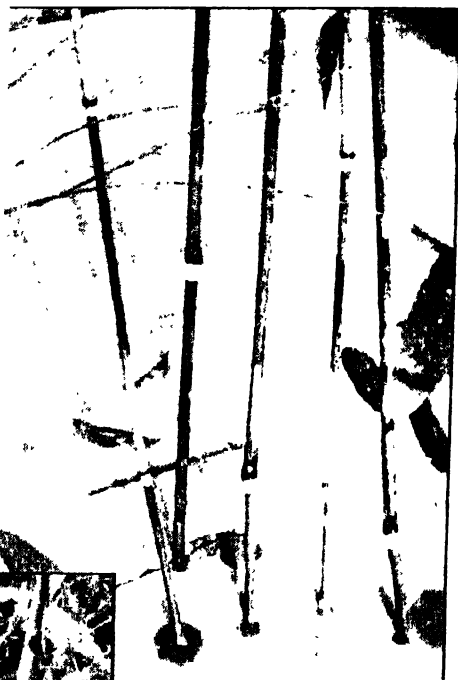


U Spit
(*Chimonobambusa Callosa*)



U Namlang
(*Chimonobambusa Khasina*)

U Tmar
 (Schizostachyum helferi
 Teimostachyum helferi)



U Sylli
 (Thamnocalanus Pratii)

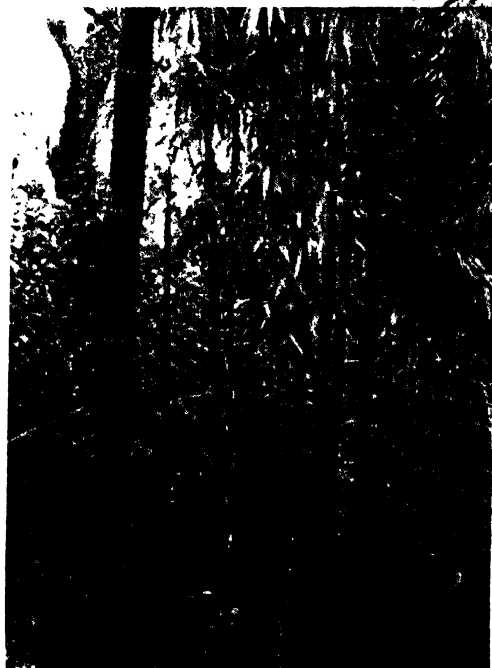


U Dongla



U Shlu

U Spar Khlaw
(*Bambusa griffithiana*)



U Spar Bah

U Spar Naka



U Spariong
(*Chimonobambusa griffithiana*)



U Spar lum
(*Chimonobambusa callosa*)

U Sba

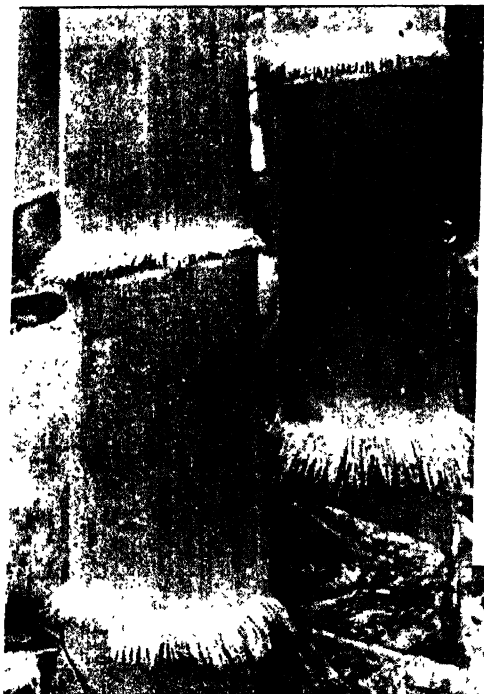




U Latuba



U Siej Jympun
(*Phyllostachys aurea*)



U Ktang
(*Dendrocalamus hamiltonii*)



U Tyr-a
(*Schizostachyum capitatum*
cephalostachyum capitatum)

U Muri
(*Melocanna baccifera*)



U Rñai

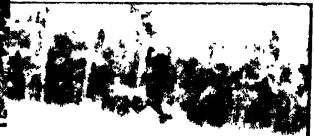
U Pantabat



U Shken
(*Phyllostachys mannii*)



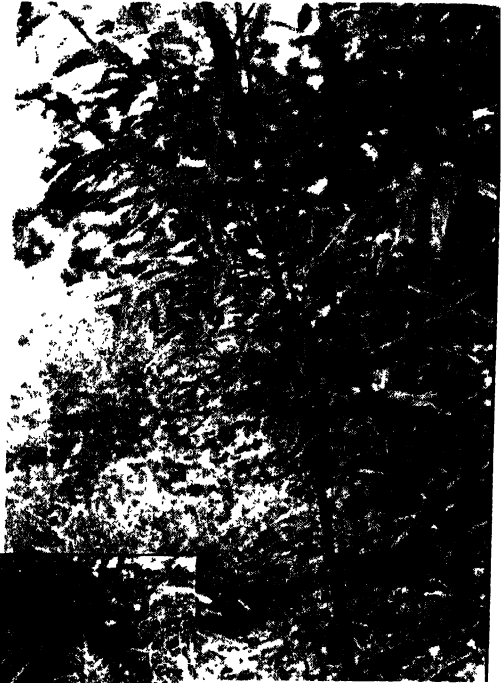
U Tawang



U Siej Smit



U Siej Naka long

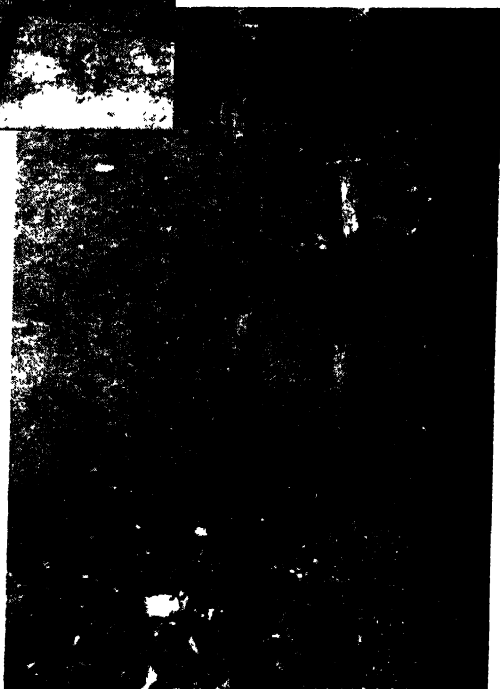


U Siej Tyrkhaw



Tyrlaw

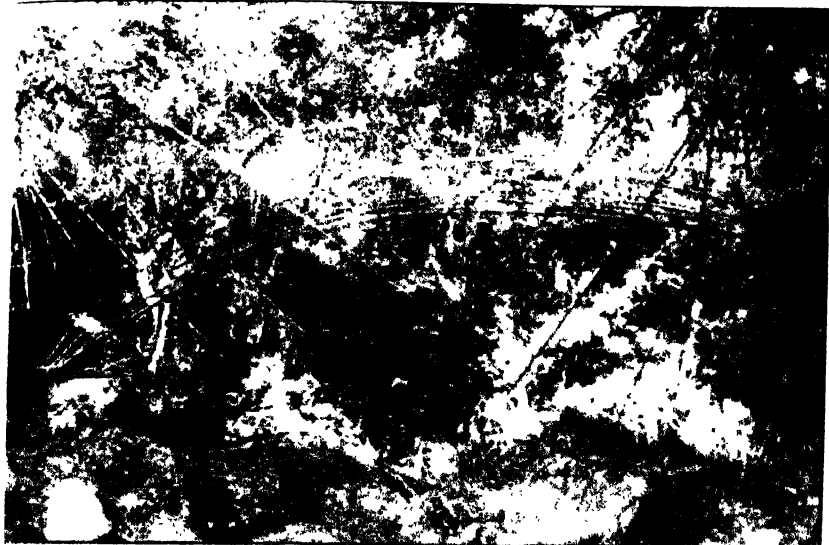
U Tyrlaw Iong



U Siej Stem
(*Bambusa vulgaris* var. *striata*)



U Siej naka
(*Phyllostachys mannii*)



Jingkieng Siej



Dang thlich siej



**U Ktang ha ka por ba u
phuh syntiew**

**Dang iaid Jingkieng ba
lum jingtip ia ka
mariang**



U SIEJ HA KA JYLLI KA JINGIM U BRIEW

"Ki dieng ki siej" ngi ju pynhap ha ka ktien kynnoh. Ki long ki kyntien kiba rit pynban ki don ka jingmut kaba iar. Ha ine i jingthoh ngin ia duriap khyndiat tang shaphang u siej.

Na ki mar khlaw baroh, lehse ngin ia kubur lang baroh ba u siej u long uba larkam eh ha ka jingim u briew. Tang mar shu kha briew sha ka pyrthei, donkam nyngkong eh ia u siej. Ha ki nongkyndong, ki ju ot sohpet da ka sapied siej ba la shim na ka ktang um. Wat haba leit buh shynnai, kiba bun kim don khiew khyndew hynrei ki buh ha ka kria ha ba la shna na u siej. Ha ka por ba jer kyrteng ruh, donkam ia ka ryntieh u khnam lane i khoh-i star ba la shna na u siej.

Haba u briew u la sdang ka kkih ka kamai lei lei, u donkam lynter ia u siej. Ki jingbuh jingsat kiba bun eh dei kiba la shna na u siej yn ym lah ban ñiew lut ia ki. Hynrei lada shu ia jer tang khyndiat ruh ngi iohi u tong um ruh da u siej, u buh um ruh ha u siej, u prah u shang, u sup ka thiar, ha kaba u lum u kynshew ia u symbai u rñai- dei da u siej. Haba u shna ka iing ka sem naduh u rishot, u khnong, u lpur u patiew, u tyrpait siang, ka syrdeng ka jingkhong bad kiwei kiwei dei da u siej. Ban teh ban pynskhem u don kam ki lwar, naduh u 'warphiang, u 'wartab u 'warjrong baroh dei da u siej.

Haba u leit sha lyngkha, ban da na u slap ka lyer bad ka sngi u don ka knup ka trap, ka shata bad kiwei kiwei. Haba u la thait ian haba u la trei kam baroh shi sngi, mynmiet u thiah halor u shylliah-baroh kiba la shna na u siej.

Haba shongkai bad ki lok ki jor, ia bam kwai bad iadih duma kyrrhai, ki tiar ba pyndonkam naduh u shang kwai, dong tympew, tang duma, noisha bad u noi ruh dei kiba la shna da u siej.

Ha ka rong biria ruh, u khnam ka ryntieh, u saisiej baroh ki dei da u siej. Haba leit siat mrad-, lada dei u 'nam phiah, u 'nam shynroh, 'nam pliang bad u 'nam tynsiang baroh ki dei da u siej.

Mynta lei lei ha ki jingialang paitbah ba ju long khah khah haba poi ki riew khraw ha kano kano ka jaka, ki shna rynsan ruh da ki siej, ki jingker ban pynbeit pynryntih ia ka jingiard u paidbah ruh ki dei da u siej. Nangta ngi iohi hi ba ki nongtei iingbah iingsan ba bun mala, khlem u siej lehse kin ym lah ban pynieng iing.

Ia ki mar khaii kum u jhur, u soh, u sying, bad kiwei kiwei ki mar khaii, kiba ia dei ban shalan sha jngai, ngi phah ha ki kiah ba ia shna na ki siej.

Katba nang iaid ka por, ka jingdonkam siej ha ki rukom ba pher ka nang jur. Mynta ha Meghalaya ngi don kawei ka projek kaba heh ba ia ai kyrteng ka "Meghalaya Bamboo Chips Private Ltd" ha Nongshram ha Garo Hills. La plie ia kane ka projek ha ka 20 tarik Jymmang 1982. La mang ba yn pynmih siej phiah nangne shisngi-shisngi haduh 100 tonnes, bad yn phah sha kiwei ki karkhana shna kot sada sha bar. Ka Sorkar ka thmu ba na kane ka projek yn sa pynmih kot sada ka ban lah ban pynmih kumba 10 haduh 15 ton shisngi shisngi. Na kane ngi sngewthuh ba ka jingpyndonkam siej tang ha kane kawei ka projek ruh ka long kaba jur shibun eh.

Ngj ju poi pyrkhath ne em ba ia ka kot sada la shna na u siej. Ia ka kot sada ngi donkam baroh naduh ki khynnah skul, ki nonghikai, ki ophis bad baroh naduh u rit haduh u khraw ngi donkam kot sada kaba la shna na u siej.

Haba ka long kumne, ngi nud ban ong ba u siej u ioh jaka lut ha ka jylli ka jingim u briew. Ki nongrep, ki khynnah skul, ki nonghikai, ki nongsynshar, ki ophisar, ki professor, ki philosopher etc. U ioh ruh ka

jaka ha ki iing paki ki iing dulan kumjuh ruh ha iing u paid kup knup kup trab. Khadduh eh, na kaba kut ka jingim haba u briew u dei ban hiar sha ka jingtep, hangne ruh u donkam ia u siej.

Haba ngi kren shaphang u siej, la shu jer kyllum da kane ka kyrteng ia ki jait siej baroh. Ha ka jingshisha don bun jait ki siej kiba iapher uwei na uwei pat.

U TANGEI

U Tangei u dei u jait siej uba rit. Napdeng ki jait siej dei une uba rit eh. Ka jingjrong jong u ka long tang kumba ar phut shiteng. Ki thied jong u pat ki long kiba jrong shibun. Ha ka jingshisha, ki thied ki kham jrong wat ia u rnyieng ruh. Kumta wat la u long uba rit, ki tynrai siej ki long kiba skhem shibun eh.

Une u jait siej u don tang ha ri jrong. Ym lap ia u ha ki ri tbian bad ri shit. Nalor kata, une u jait siej u juh tang ha ki rud wah. Ym lap ia u ha ki jaka lum. Kawei na ki jaka ba u don bun ka dei ha ki thain Jakrem. Kumba ngi tip ki jaka rudwah ki long kiba jur bha ka jingtuid ka khyndew na ka jingrong jong ka um slap. Nalor ba tuid ka khyndew, ju jia ruh barabor ka jingtwa ha ki rudwah. Ha ki jaka ba u don u Tangei ki thied jong u ki bat ia ka khyndew kumta u iarap shibun eh ban iada na ka jingtwa.

Jingpyndonkam: U Tangei namar ba u long u jait siej uba rit, um da larkam shibun. Kaba ki briew ki pyndonkam bha ka dei na ka bynta ban sar phyllaw. U iadei bha ban pyndonkam kum u synsar phyllaw, namar u biang bha ha ka jingheh jingrit bad u jwat ruh artad. Nalor kata, lehse ka long kaba dei eh ba ngin nïewkor ia u namar u pynriewspah ia ka jingdon ki jait siej ha ka jylla, u don ruh ka bynta kaba donkam ha kaba iada na ka jingtuid ka khyndew bad jingtwa jong ki rud wah.

U NAMLANG

(Chimonobambusa Khasiana)

U Namlang u dei u jait siej uba rit uba mih tang ha ki ri khriat. Um don ha ki ri syiad jong ka ri War lane ri Bhoi. Haba shu peit khai bad ruh katba lah ban lap, u namlang u mih ha ki jaka kiba jrong naduh kumba 5000 phut arted haduh hajan kliar u lum Shillong. Ha ka liang ka jingheh jingrit, u namlang u dei uba lai napdeng ki siej rit. Uba rit tam u dei u **tangei**, uba kham heh dei u **stew** bad u **namlang** u kham heh ia u stew. U jrong pung kumba 6 ne 7 inshi bad ka rynieng kumba 8 ne 10 phut.

U Namlang u dei uwei na ki jait siej uba la ioh ka jaka pdeng ha ki tiar thaw iing thaw sem. Ha kine ki shispah -snem ba la dep ka jingpyndonkam ia u namlang ha kaba sah biar ka long kaba jur eh. La pyndonkam paidbah ia u, namar u biang bha ha ka jingrit jingheh, jingjrong jinglyngkot. Nalor kata, u long uba shah shibun eh. U namlang uba la iaw bad thoh dei bnai, u lah ban neh haduh sanphew ne hynriewphew snem ruh.

Kumno u pynroi ia lade: U namlang, kumba ia long lem kiwei ki jait siej, u pynroi ialade ha ki ar rukom. Kawei ka long da kaba kha khun kumba long ki jait siej baroh. Kawei pat ka rukom pynphriang ia lade ka long da ki phniang symbai. Kumba long kiwei ki jait siej, u namlang ruh u ju phuh syntiew bad bet symbai da ki phniang jong u, nangta u iap noh, hynrei hapoh ar ne lai snem, la mih da kiwei kiba thymmai.

Ka por thoh Namlang: Ha ki por mynshuwa ki da leh sumar haba thoh namlang bad ka por kaba ki ju leh kumta ka dei ha ki bnai Naiwieng haduh Kyllalyngkot.

Ha Sor Shillong ia ki iing bha iing miat, ki iing sorkar, ki skul, ki Hospital bad kiwei kiwei ju pyndonkam da u Namlang. Da kaba leh

kumne uto uba ki la thoh ban pyndonkam um ju bam khniang, u tynrai ruh u bha. Ki ju thoh ruh tang ia uba la kham iaw.

Ka jingduh u Namlang: Ki daw kiba kongsan kiba pynduh eh ia u Namlang ki don ar tylli. Kawei ka long kaba thang pluh ia ki khlaw man ka snem. Kaba ar ka long kaba thoh namlang ha ki bnai slap bad ha ka por ba u kha khun. Kumta ban iada na ka jingduh u namlang dei ban kiar na kine ki jingpynduh.

Ka jingphuh u Namlang: Ka jingphuh u Namlang ka la jia ha ka snem 1995. Ha kane ka snem, baroh u namlang jong ka Thain Sohra naduh Mawkdok arsut, nangta baroh ki thain jong ka Mawsynram shaduh Weilo. Ha kane ka jingjia, bun ki biew kiba ym pat iohi mynshwa, ki ong ba u la iap khlam lut u Namlang. Ki lum bad ranab lum kiba bun Namlang, ki la shu sawbrang lut, la i kumba pluh ding. Hynrei tang ha ki ar bad lai snem, u Namlang ha kitei ki jaka, u la roi bun shah ban ia kaba u ju don.

Ha katei ka snem, nga la leit jngoh ia ki Namlang kiba don ha u Lum Shillong bad ha ki Thain Lum Shillong, la lap ba kim shym phuh syntiew, hynrei ki long kumba ju long hi. Kane ka la pynpyrkhat ia ka jingpynbeit ba maian jong ka Mariang. Lada ki Namlang kin ia phuh lang baroh ki lum Khasi, kan don ka jingkyrduh Namlang kaba jur. Hynrei da kane ka jingpyniaid bert ka Mariang, ka long kaba da ia biang eh. Kane ka jingphuh Namlang innat ka jia shisien ha ki sanphew snem.

U STEW

U Stew u dei u jait siej rit uba kham neh ia u tanger. Ki don arjait ki stew. U stew bad u stew iong. Hangne ngin shim ban ia batai shwa ia u stew. U stew u don tang ha ki ri jrong, lah ban lap ia u tang ha

ki jaka kiba jrong kumba 1500 meter arted na sla duriaw (sea level). Haba shim ia ka jingjrong rynieng kaba shu pdeng u jrong tang kumba 4 haduh 6 phut. Ki pung jong u ki lyngkot kumba 6 ne 7 inshi. Ki sla ki kham heh shibun ban ia ki sla jong u stew iong. Ki siej jong u stew ki khlain namar ba ki lyngkot pung bad ka rong pat ka long *byrtem*. Ha ki thaiñ Lairyngkew ia u stew lah ban lap bun ha ki phud ka wah Lyngngei, Laitsohpliah, etc. bad sha kiwei kiwei ki jaka ri khriat.

Nalor ba u mih ha ri jrong, u kham mih ruh ha ki phud bad jaka rud wah. U stew ruh u syriem shibun ia u tangei ha ka rukom bad ka jingsuh jngai ki thied. Kumta ym lah ban rat ia u da kaba suk.

Ka Jingpyndonkam: U stew ruh namar u dei u jait siej u barit, um da leit kam eh ha ki bun rukom kumba ka long bad kiwei kiwei ki jait siej. Hynrei ka jingpyndonkam kaba bun eh ka dei ha kaba shna "Risaw". La ka long ha kaba siat mrad lane ha ki jingiasiat sngewbha lane ha ki jingialeh thma, ki ju pyndonkam risaw da u stew. Ka jingpyndonkam ia u kum u risaw ka long namar ba u biang eh ha ka jingheh. U long uba suk ruh ban pynbeit. Tang shu syaw ha ding malu mala u la jem bad suk ban pynbeit.

Ha ki por dang kham mynshwa, ka ju long ka jingmlien bad ka long ruh kaba donkam ban lum stew ha u bnai October - November. Ha une u bnai ki lyngkha ki la seisoh, ki jingthung kum ka shriew sohriew, phan bilat, krai, raishan, kba etc, ki la sdang met. Ha kito ki por, ki mrad ba bun jait ki tur sha lyngkha. Kumta man ka iing, ki ju ia sliew ding ha phyllaw ban pynbeit risaw na u stew ba ki pynkhreh ban ap mrad ia ki lyngkha.

Sa shiban, ha une u bnai, ka bneng ka la rang hadien ka jingslap jong ka Aiom lyiur. Kumta la jan baroh u khmat shynrang, u la pynkhreh la u khnam ka ryntieh ban pynmlien bad pyntbit ban long kiba beit kti.

Kumta na ka bynta kane ruh ka jingpynbeit risaw ka jur man ka iing. Ha kane ruh ki pyndonkam da u stew ban pynlong risaw. Dei na kane ka daw imat ba wat ia u bnai ruh, ki jer “U Risaw”. Ia u risaw ju pyndonkam ha u 'Nampliang, 'namsop, 'nam tynsiang bad ruh ha u 'nam shynroh.

Na kane, ngi lah ban ong ba u stew u don ka bynta kaba khrow wat ha ki culture jong u Khasi ruh.

Une u jait siej u la nang duh jait noh na kiba bun ki jaka. Kumta ka long kaba donkam shibun eh ba ngin ialeh ban ri tyngkai ia une u jait siej u barat hynrei uba donkam shibun eh.

U STEW IONG

U stewiong u dei u jait uba rit. Ha kiba bun ki jaka u Spariong u lyngkot rynieng phyrngop phyrngop. Hynrei ha ki jaka them bad ba sboh ka khyndew u jrong ryniew 6 ne 7 phut bad jrong pung shi phut ne tam ruh. U siej iong pat u rit bad um khlain kum u stew. Une u jait u don kynrei ha ki thain u lurn Shillong, kiba kynthup ia ki jaka Mylliern Laitlyngkot, Nongkynrih, Nongkrem etc. Ia une u jait ki pyndonkam bha kum u synsar phyllaw namar ba u khah tnad bad long phymgop-phyrngop u iadei bad ia biang bha ban leh synsar. Hynrei um long ban leh risaw.

Ka shnong Nongkynrih ka dei kaba la paw nam ha kaba pynmih ki tiar trei kti kum ka thaw smuk, sping, shna dab, pynpur khnam, etc. Ha ka pynpur khnam ki pyndonkam da u Stew ban leh Risaw. Hynrei kumba la ong shakhmat, na sha ki thain Laitlyngkot bad Nongkynrih u bun eh u stew iong, kumta ki hap ban wad stew ban leh risaw na sha kiwei pat ki jaka.

U SPIT

U Spit u dei u jait siej uba mih ha ri tbian bad ha ri jrong hynrei ha ki jaka khriat eh um ju don. U Spit u juh bha ha ki jaka riat bad mawsiang. Une u jait siej wat la u mih haduh ki jaka ri jrong, hynrei u juh bha ha ki jaka pynnoh riwar.

Une u siej u dei uba pur jngai bha, uba la pura ka jingheh u lah ban pur haduh 50 ne 60 phut. Wat la u pur jrong, pynban u siej jong u, u rit tang kat u namlang lane u riphin. U jrong pung kumba 10 inshi shipung bad u sla pat u heh tang kat u sla prut, ha ka jingheh, u don kumba 8 cm ka jingjrong bad napdeng u heh 2 cm. Ki kob jong u ki long kiba skhem bha.

Ka por thung: Lada kwah ban thung ia u spit ka por kaba biang eh ka dei ha ki bnai April-May.

U tynrai ban thung: Kumba long kiwei kiwei ki jait siej u tynrai uba biang ban thung dei da kito kiba dang don 7 ne 8 bnai.

Ka jingpyndonkam: Haduh mynta ia u spit ym da kham pyndonkam lait tang ha kaba teh diengiap etc. Hynrei lada pyndonkam ha kaba ker iing ha ka jaka u namlang, kan iadei bha. Kane ka long namar ba u biang bha ha ka jingheh jingrit. Sa kawei shuh shuh, namar ba u long u ba jrong, lah ban dain lyngkot bun lyngkhot wat tang na uwei.

U SYLLI

(Cephalo satchyum pallisium)

U Sylli u dei u jait siej uba mih ha ki jaka khmat lum bad ri lum. U hiar kham sharum khyndiat ban ia u spar. Hynrei um shym kiew shaduh sha ri jrong eh. U juh bha ha ki jaka kiba jrong kumba 1500 meter na sla duriaw. U sylli um don sha ri war bad um shym kiew ruh sha ki jaka kiba khriat eh.

U sylli u long u jait siej uba stang bad um ju ieng beit kumba ieng u shken, ne u rñai etc. hynrei u dem barabor baroh shi rynieng. U long u ba jrong kliar bad ha ki bynta kiba sha kliar bha i kumba u shu pur. U sylli u long ruh uba jrong pung, u kham jrong pung ban ia u shken ruh.

U snep jong u sylli u long uba khaiñ kher kher, nador ba u khaiñ u long ruh uba eh. Ha ki por hyndai haba ym pat ioh jingpruid, la iathuh ba ki longshwa jong ngi ki ju pyndonkam da u sylli kum kawei na ki lad ban ioh ding. la kane ki leh da kaba kyrshut tynggeh da u kynja thri bad haba ka la kem ding ki kynthah ha ka tula.

U khyrmet jong u sylli u long uba nep kum-ka syrti. Lada dei tang tiak ha ka doh wat lada ym pat da iohsngew bha ia ka jingot, hynrei la phlei snam. Kane ka jingnep jong u ka shong tang ha u khyrmet, hyndai ha ki por thma jong 'ka juk u khnam ka ryntieh, kieng wait kieng stieh' ki ju sieh ha ki kharai ba la tih sawdong ia ka shnong da ki speh sylli. Ka jingnep une u speh sylli ka long kaba shyrkhei rem. Ia u speh sylli ju pyndonkam ruh ha kaba pynap speh ha kaba riamtheh haba ki riam dngiem. Wat kat ka jingjwat ka snep dngiem, haba la hap ha u peh sylli la shu pei lyngba beit.

Dei na kane, ba ia u briew uba la palat liam ia kiwei ha ka jingnep jingmut jingskhem jingmut bad uba mar shikyntien ki ju khot "U Peh Sylli".

U Sylli u don bynta ruh katto katne ha ka jingiathuh khan a 'Ka tiaw larun', namar dei na ka um sylli ba la ioh rung u bsein sha ka kpoh jong kato ka khynnah samla, bad haba la ioh pyniap ia u bsein ruh, dei ha ka jaka ba la bret ia une u bsein la mih sa u 'tiaw larun.

Ka rukom pynroi: U sylli nador kaba u roi da kaba kha khun man ka snem, u pynroi ruh da kaba bet symbai. Don ki jait siej kum u ktang u siej lieh, etc. haba ki la tymmen ki phuh syntiew bad iap noh. Kam

don jingktah ia kiwei ki tynrai ba marjan, lane wat ia ki siej kiba na u juh u tynrai. Hynrei u sylli pat u pher na kine. Haba la phuh syntiew na ka bynta ban pynthymmai lane pynmih da kiba thymmai, u phuh lut baroh ha kata ka thain, nangta ki iap lut baroh. Hadien lai ne saw snem sa mih da kiba thymmai. Kane ka la jia ha ka snem 1978 ha ki thain Laitryngew, Laitmawsiang, Mawlyndiar bad shaduh Ladmawphlang.

Ha katei ka snem, baroh ki sylli ki phuh bad iap lut baroh. Don napdeng ki nongshong shnong kiba pyrkhat ba u sylli u pang khlam bad un sa duh syndon. Hynrei naduh ka snem 1981, u la mih da uba thymmai bad ha ki snem 1985 ter ter la ioh sylli biang ki briew jong kato ka thain. Kane ka jingphuh syntiew u sylli, ka jia man ka 40 ne 50 snem.

Ia U sylli ki pyndonkam ha kaba thain kriaah polo etc. Ha ki jaka kiba ki briew ki rep krai, ju pyndonkam ha kaba thaw rynsan krai, thaw pdem, bad wat ka narang ruh. U sylli wat la um dei u jait siej uba ngi da pyndonkam tista, pynban u long uwei na ki spah ba kordor jong ngi kum u mar khlaw.

U Tmar

U Tmar u dei u jait siej uba mih hapdeng ka ri jrong bad ka ri tbian. Kham lap ia u ha ki jaka kiba jrong kumba 1500 meter na sla duriaw. Une u jait siej u ia syriem shibun bad u sylli, tangba um shym jrong pung kat u sylli. U tmar u san bha ruh la jan ha ki juh ki jaka ba u mih u sylli.

Une u siej u don pat ka jinglong kaba pher na ki jait siej baroh. Ka jingpher jong u ka dei ha ki mat. Man ka mat u kdor bad ka rukom kdor ka long kaba ryntih (uniform), lada na u mat uba nyngkong ki kdor sha ka mon, u mat uba ar un kdor sha ka diang, ha u mat uba lai u kdor biang sha ka mon bad kumta ter ter.

Kawei kaba ngi lap ka long ba u tmar u long uba jwat shibun eh. Lehse na ki jait siej baroh dei u tmar uba jwat tam na ka bynta ban teh jingteh bad ban thaw ka ruh ne kria. Hynrei ka jingkdor eh jong u, ka long ka daw ba ki briew kim da pyndonkam ia u.. Ka jingjwat jong u ka dei ym tang u khyrmet, hynrei u khyllieng ruh u jwat.

Sa kawei shuh shuh kaba ngi lap ha u tmar ka long, ba um ju kynther kob klo. Bun ki jait siej, wat u siej lung ruh, katba u nang sei jrong, u nang kynther noh ia ka kob kaba sha trai. Hynrei u tmar u iai bat slem ia la ka kob.

Kumba la ong sha khmat, u tmar u mih bha hapteng ki jaka ri tbian bad ri jrong, ym lap ia u ha ki ri shit bad ha ki lum khriat. Haba shu peit khai, imat, u juh bad don tang ha kitei ki jaka (belt) hapteng ka ri war bad ka ri lum. Hynrei don ka jingshem kaba kham pher ba ia u tmar la lap shi jaka hajan wah Umngi ka jaka kaba jrong 500 meter na sla duriaw.

Une u jait siej ruh um don bun eh, hynrei u la long ka spah ba kordor ha kaba nang bynrap lang ha ka jingdon siej jong ngi.

Ki don khyndiat ki jait siej kiba puh paidbah shisien ha ki phew snem na ka bynta ban pynphiang symbai bad pynroi ia lade. Ha kine ki arphew snem, ki la don lai jait ki siej kiba puh ha kane ka rukom – U sylli ha ka snem 1978, u Tmar ha ka snem 1995 bad u namlang ruh ha ka snem 1995.

Ha kane ka lynnong kaba dei ia u Tmar, ka long kaba myntoi ba ngin ia phai sha une u jait siej. Ha ka snem 1994-'95, baroh ki siej tmar ha ka thain Sohra, naduh Mawblang haduh Laityra, ki la puh lut bad iap baroh. Sha ka Thain Mawsynram ruh u la puh baroh bad iap lut khoit. Haba shu ong lyngkot- Baroh ki siej Tmar ki la puh lut. Nga la leit ban jngoh ia ka jingpuh u siej tmar ha ka thain Sohra, bad nga la

shem naduh Mawblang haduh Neng shnong Laityr-a, ym doh shuh u Tmar uba khlem puh syntiew. Kane ka la long ka jingjia kaba pynkmer shisha - shisha, namar ba ngi tip thikna, ba u puh khnang ban nang pynroi - paidbah ia lade. Ka la jia thik kurmta. Ha ka 29 tarik September, 1999, nga la leit jngoh biang ia u Tmar ha katei ka juh ka thain, bac la shem ba u la roi paidbah kham bun shah ban ia kaba u la ju don ha shwa ba un puh syntiew.

U DONGLA

U Dongla u dei u jait siej uba don sha ri war, hynrei um don bun wat sha ki thain ri war ruh. U don ka jingiasyriem katto katne bad u shken. Hynrei u dongla u stang bad u jrong pung syriem ia u shlu. Une u siej u long uba kha khun bun bha. Ha u bnai September 1999, nga la leit jngoh ia u Dongla ha Wahlong kaba dei ka aiom kha khun ki siej, la lap ba u Dongla u long uba kha khun bun. Ha ka shitynrai u kha haduh 60 (hynriew phew tylli). Lada khein lei bad kiba rit baria, u poi sha ka 80 tylli.

Don kiba ong ba la khot ia u "U Dongla" namar ki ju thaw donglakor da une u jait siej, ka daw ba ki ju thaw donglakor lane dongtympew ka dei namar ba u stang, u itynnad rong lam stem. Ka jinglong ka tyndong ruh ka wan dur bha namar ba u kham rit ha ki mat bad kham heh ha ki pung.

Don kiba pyrkhat ba u Shlu bad u Dongla ki dei kijuh. Hynrei kine ki dei kiba iapher. Ki don bun ki dak ki shin ka jingiapher jong ki. Lah ban shim iwei ar na kita, u shlu u rit matla katba ki matla jong u dongla ki kham heh. U Shlu u heh bad jrong pung tam na ki jait siej baroh, u dongla pat u kham rit syriem ia u shken bad kham lyngkot pung ia u shlu. Kawei kaba shai kdar ia ka jingiapher jong ki ka dei na ki mat. Ki

mat jong u shlu baroh (shapoh) ki at katba ki mat (shapoh)jong u dongla pat ki long lhon-lhon baroh bad ia ka lhon la ker kynwiang (ring) da ka phrong kaba lieh thup-thup. Kawei shuh shuh kaba ngi lap ka long, ba u shlu u ieng beit katba u dongla, u kham dem ha ka rukom jong u sylli.

U dongla um da iadei ban pyndonkam ha ka thaw ka wet, wat ha ka thaw iing ruh kim da pyndonkam kum u tyrpait, lane thain syrdeng namar ha u kham shroin. Na kane ka daw, kim da pynroi ia u kumba pynroi ia u shken bad u rñai. Kumba la ong sha khmat, une u jait siej u mih bha sha ri war, bad ym shym lap ia u ha ri khriat. Hynrei na ka jinglong jong u, lah ban ithuh ba lada thung ha ki ri khriat kum ha Upper Shillong ruh un heh un plung bha. Une u siej wat la um dei uba da ia pyndonkam paitbah, ha ka thaw ka wet etc. pynban u la long uwei na kiba la pynriewspah ia ka jingdon siej.

U SHLU

U shlu u dei u jait siej uba ngi lap bun sha Ri Bhoi bad kata ruh sha ki jaka ba la long ri tbian bha jong ka ri Bhoi. U don bun ruh sha ki thain Jirang, Umsohpieng etc. Une u jait siej u long uba stang bad uba jlan pung. Na ki jait siej baroh, u jrong pung eh u shlu; uba heh pura ha ka shipung u jrong haduh laiphut shiteng (42 inshi) une u jait siej um long ha ri khriat. Kum ka jingpyrshang, nga la thung ia u ha San Mer, Upper Shillong haduh lai sien hynrei um im satia. U shu im shipor ar snem ne lai snem duh u iap noh.

la une u siej ki pyndonkam ha kaba ker iing (syrdeng), thain shylliah, bad kiwei kiwei ki jingdonkam. Namar ba u jlan pung bad stang, ka kloï bad suk shibun ban thlieh bad ban trei. Hynrei um long ban pyndonkam ha kito ki jingpyndonkam kiba dawa ia ka jingkyrshan kaba khlain, kum haba sieh rishot, shabah, ne pattiew, pun jingkieng etc.

U SPAR KHLAW (Bambusa griffithi)

Haba bishar bniah ia ki jait Spar kiba ngi lap ha ki jaka lum lah ban pynbynta haduh saw jait ki Spar kat kum ka jingiapher jong ki. Na ki Spar baroh, u spar khlaw u dei uba heh tam. U siej jong u, uba la heh pura u heh haduh kumba hynriew inshi shiteng ka jingheh pyllun (circumference) ki shiah kiba mih man u mat ki long kiba nep bad jrong la jan shi inshi ei ei.

U Spar u mih ha ki ri jrong bad juh ha ki jaka kiba jrong kumba 1500 meter arted na sla duriaw. Hynrei lada thung, u long wat ha ki jaka ba kham tbian ruh.

Une u siej u long uba rben bad khah mat, u jlan pung tang kumba 7 haduh 10 inshi. Ka jingrben jong u ka long haduh katta ba na ki pung kiba hajan tynrai, lajan ba um don thlew. U don shiah man u mat bad ki shiah jong u ki long kiba nep shibun.

U bym don kynrei: U Spar u long u siej uba ym don bun wat hangne ha ri lum jong ngi. Uwei u Scientist u iathuh ba u spar u don tang hangne ha ri Khasi jong ngi. Kumta ngi long kiba donbok shibun eh ban don kum ia une u jait siej ia uba ym don hawei pat.

Ban Pynroi: U Spar u dei na ki jait siej kiba shitom shibun eh ban pynroi. Hadien ka jingpyrshang lai snem lynter ban thung ia u, nga la shem ba u im tang shitynrai. Ha ka jingshisha ka rukom thung ka long kaba la da leh sumar shibun, lada dei ia kiwei ki siej kum u shken, ktang etc. un jyn da la im bun tynrai.

Ka Jinglyndonkam: la u spar, haduh mynta la ju pyndonkam ia u tang ha kaba ker kper bad u long uba iadei bha namar ba u don shiah. Kawei pat ka long ba u spar u lah ban neh bun bun snem.

U SPAR BAH

Une u jait spar u long uba kham iphylla na ki jait siej kiba don hangne ha ri lum jong ngi. U long uba beit shibun eh, u lyngkot pung syriem ia u tyr-a riwar. Ka pung jong u ka jlan tang kumba 6 inshi ei ei. U shiah jong u, u don man u mat. Hynrei kaba i phylla ka long ba hajan tynrai, ki shiah ki syriem ia u syrnai bad kim thar. Katba nang poi ha ki mat kiba sha jrong, ki long shiah ha ka rukom jong u spar.

Napdeng ki jait siej baroh, lehse dei u spar-bah uba beit tam. Ka jingheh jong u ruh, haduh mar shiteng ei ei, u heh jan mar katjuh kumba long na tynrai. Ka jingheh u Sparbah uba heh pura u don kumba san inshi pyllun (circumference). Une u jait siej wat la u long uba rben ruh, hynrei u kham stang shibun ban ia u spar.

Ki sla jong une u sparbah ki syriem shibun ia ki sla shken hynrei u kham rit sla shibun ban ia u sla shken. U sla jong u spar bah, u kham rit wat ia ki sla jong u spar ruh.

U spar bah u long uba duna thied, u spar u long u jait siej uba skhem shibun namar ba u bun thied. Hynrei u sparbah u long syriem ia u pai ha ka rukom suh thied.

Kawei pat ka jinglong kaba kham iphylla ha une u jait siej ka long ka jingsuh jngai ki khun siej. Ki khun jong u ki lah ban leit suh jngai 40 haduh 50 phut ruh na u kmie. Ha ka rukom suh jngai u syriem shibun ia u tyrlaw, ka jingiapher ka long ba u tyrlaw um don syrnai bad um don shiah.

Haduh mynta, ia une u jait siej ngi lap ha Sohtyngab ha ka jaka kaba jrong kumba 5000 ft na sla duriaw bad ha San Mer, Upper Shilong ka jaka kaba jrong 1750 meter na sla duriaw.

U SPAR LONG

U spar long u dei napdeng ki jait siej kiba don tang ha ki ri jrong. Une u jait spar u long uba jem, uba sei tnad bun lymbrum, bad uba kdap kob bha.

Une u siej u long uba iadei eh ban thung kum ka jingker kper, ka daw ka long namar ba u don shiah, wat la u rit ruh, ki blang ki masi bad wat ki brieve ruh kim nud ban prong. U long pat u jait siej uba ki thied ki pur jngai. Na uwei u tynrai, u mih baroh sawdong wat shaduh sha jngai na u tynrai ba la thung ia u.

Ka jingmyntoi kaba khraw eh ngi ioh na une u siej ka long namar ba ki sla ki long kiba bha eh ban ai ia ka masi. Lada ai masi da ki sla jong u siej naka ka pyntyrykhong. Hynrei ki sla jong u spariong pat u long uba bha eh. Ka dud masi ruh ka bha. U sla ktang ruh wat la ka masi ka bam bha, hynrei ym long namar ki ong u bun ka asit. Hynrei ia u sla jong u spariong, ki da buh tyngkai ban bsa ha ka por tlang haba ki phlang ki kynbat ki la iap lut.

U spariong u don tang ha ki ri jrong (high altitude) bad ym lap ia u ha ri tbian lane ri syaid. Ia u spariong ba la shim ban peit bniah (study) la shim na Mawjrong bad na Swer.

U SPAR LUM

Haba bishar thuh ia ki jait Spar, la ithuh shai ba u Spar lum u don ki jinglong kiba iapher bak-lybak na u Spar Khlaw. Katto katne ki jingiapher lah ban jer hangne.

U Spar lum u long uba rit. Ia une u jait spar lah ban lap ha khyndiat ki jaka, ha u lum Shillong ngi lap ha Wah Lwu hajan ka iing shong pyngngad U Lat, ha Mawkhro ban leit sha Nongpiur, ha Lum

Bangla Sanmer, sha lynti Laitlyngkot etc. Une u jait Spar, uba heh eh ruh u don tang kat u nar rot sawksai ne 16 mm. U Spar khlaw u kha khun bun hajuh ha ka shi tynrai katba u Spar lum u pur ki thied kylleng bad kha khun na kine ki thied pur jong u. Nalor kata u long uba khah tnad bad bun sla. Ki kliar jong u barabor ki dem ngun na ka daw ka jingkhia u sla ha ki kliar.

U SPAR NAKA

Une u jait siej u syriem shibun ia u spar iong. La kumta ruh u don pat ki jingiapher kiba pyni shai kdar ba kim iadei kajuh ka jait. Īa ki jingiapher ba kongsan tam lah ban kdew hangne.

U Spar iong u don shiah ha ki mat katba u spar naka pat um don shiah ha ki mat. Shuh shuh, ki sla jong u spar iong ki heh katba ki sla jong u spar naka pat ki rit.

U spar iong u sei tang lai tylli ki tnad na uwei u mat. Hynrei u spar naka pat u sei bun lymbrum k i tnad man u mat. Nalor kata, u spar naka um shym kynther kob kloï kum u spar iong.

Ka jingpeit bniah ia une u jait siej la shim na uba don hajan Nan palok. Wat la um don kynrei, hynrei u lah ban don ha kiwei ruh ki jaka ka Ri Khasi.

U SBA

U sba u dei uwei pat u jait siej uba don hangne ha ki ri lum jong ngi. Une u kham rit ban ia u rñai hynrei u kham heh ban ia u shken. U don ka jingia syriem shibun eh ia u shken naduh ka jinglong ha ka rong jong u siej haduh ki sla. Hynrei u kham lyngkot pung shibun ban ia u shken. U sba uba mih ha ri jrong u jrong pung tang kumba 15 inshi, katba u shken ha ri war u jrong pung haduh 27 inshi ne 30 inshi.

Jingpyndonkam: la u sba lah ban pyndonkam ha ki bun rukom kumba long ia kiwei ki jait siej. Hynrei um da leit kam ha ka thaw ka wet namar ba u kham shroin. la u sba ba la thoh ha kane ka lynnong, la peit bniah ia uba don ha Umsohpieng.

U SBA HEH

Haba bishar bniah, la lap ba bun na ki dieng ki siej ki don arjait arjait. U siej Sba ruh u don arjait. Une u siej u long uba heh. Ka jingheh pyllun (circumference) haba shim ia uba shu pdeng u heh kumba 9 inshi bad u jrong pung haduh 26 inshi. Kawei kaba pher ia une u siej ka dei ka jingrit matla. U matla u heh tang kat i tyrsim 'tikdew. la une la shim ban peit bniah uba na Kensimphlang sha Tyngchor kaba ha ka hima Jyrngam, u Sba u heh jan kat u ktang.

Jingpyndonkam: Une u siej u long uba larkam shibun eh. La pyndonkam ia u ha kaba thaw iing, pun jingkieng etc.

U SIEJ NAKA (Phyllostchys manii)

U siej naka um dei uba la don lypa ha ri Khasi naduh hyndai-hynthai. Kane ka long kat kum ka jingshem ki Scientist. La iathuh ba une u jait siej u la wan poi ha ri Khasi dang kumba arspah snem mynta.

Katkum ka jingiathuh jong I Bah Mawsingh Kharsati, Iba la leit poi shaduh ri Japan, I ong ba une u siej u mih kynrei bha ha ki rud duriaw ka Pacific ha ri Japan. Hangne ha ri Khasi, u heh u bha kumba u long ha ri Japan.

Une u jait siej u long uba stang, ki tnad jong u ruh ki rit bad kiba suk ban khyllad. U long ruh u jait siej uba beit bha. Haba u dang lung u jymgam bad katba u nangiw u nang kham stem.

Ka aiom kha khun u siej naka ka pher na baroh kiwei pat ki jait siej. U siej naka u kha khun ha ki bnai laiong bad Jymmang, katba kiwei pat ki jait siej ki kha ha u July-August haduh October.

Nalor kata u siej naka u long uba kha khun bun shisien kha. Ha ka shitynrai u kha haduh 40 ne 50 tylli. U siej naka u syriem shibun ia u sparbah ha ka rukom kha khun ha kaba u suh jngai bha. U jrong pung tang kumba 7 ne 8 inshi. U siej naka um long ban thaw jingthaw, u larkam eh ha kaba ker kper, pynpur jhur, bad shna rymwiang khwai. U long uba iadei eh ban pun um da kaba shu pun tylli. Nalor ba u long uba stang, ki mat jong u ruh kiba suk bad ki lait beit phar phar.

U TYR-A RIWAR (cephalo stashyum cepilatum)

U tyr-a riwar u dei uwei na ki jait siej uba mih ha ki ri tbian jong ka riwar. U tyr-a riwar u iapher na u tyr-a ri Bhoi. U tyr-a ri Bhoi u jrong pung haduh kumba 10 ne 12 inshi, katba u tyr-a riwar pat u lyngkot pung tang kumba 4 haduh 6 inshi. Ha ka rong ka rup, u tyr-a riwar u kham jyrngam bad u tyr-a Bhoi pat um da jymgam, ha ka jingshisha u kham byterm.

Sa kawei shuh shuh ka jingiapher ka long ba u kob jong u tyr-a ri war u bun ki shñiuh bad ki shñiuh ruh ki long kiba iong bad ba skuin bha, u kob jong u tyr-a Bhoi pat um da bun shniuh bad um da thar eh. Ha ka liang ka jingheh, ki don ka jingiasynem.

U tyr-a riwar u kham juh ha ki lyuh kiba long riat bad bun mawsiang. Ym da kham lap ia u ha ki jaka ba long madan bad dewmet.

U tyra u long uba stang. Ki mat jong u ruh kiba suk ban pynpait. Na ka bynta ban pynpait, lah ban shu pynpait da kaba shu shain da u dieng tangon.

Ka Jingpyndonkam: U tyr-a, u long u jait siej uba larkam shibun eh. Ju pyndonkam ha kaba thain polo, bad kiwei kiwei ki kynja kria, ju pyndonkam ban shna ka ruh sla tyrpad na ka bynta ban shalan sha iew sha hat kiba sha jngai.

Ha ki jaka ba rep krai truh, u tyr-a u long uba iadei bha ban pynlong tyrpait ban siang ryndan, ban shna narang bad ban thain pdem. U long uba iadei bha namar nalar ba ka kloi ban trei ban ktah, bad namar ba u stang, u sting shibun ban rah ban rong. U long ruh uba iadei bha ban ker iing lada shu thain piahwei lane thain piahhar. Haba thain syrdeng da u tyr-a, ka don la ka jong ka jingitynnad namar ba ki khah bha ki mat. Na kane ngi lah ban pynkut nia ba u tyr-a u long u jait siej uba larkam shibun eh.

U TYRA BHOI

U tyr-a ri Bhoi u ia pher shibun na u tyr-a riwar. Une u tyr-a u long uba jrong pung, wat u barit ruh u jrong pung haduh kumba 10 inshi ne shiphut. Haba ia nujor bad u tyr-a riwar, don bun ki jingiapher, naduh u kob, ka jingjrong pung, ki sla, ka rong etc.

la une u jait siej, ha ki jaka ba u mih, ki pyndonkam ha ki bun rukom. Une u siej u mih kylleng ki ri shit jong ka ri Bhoi, bad u don ruh sha Garo Hills.

U KTANG

(Dendrodavanauios)

U Ktang u dei u jait siej uba heh shibun. U jrong pung kumba shiphut shiteng haduh ar phut, u mih ha ri jrong bad ha ri tbian ruh. Une u jait u long uba leit kam ha ki bun ki jingdonkam. Ha kaba thaw iing thaw sem, pun jingkieng, ker kper, shna tangum, tangmoh, bad shna ki kynja tyndong bun jait. Ha ki jaka Khadar shnong, ki shna shang da u ktang. Kine ki shang ki long kiba bun jait, ki heh naduh uba shiser haduh uba shiphew mon. Ia u prah ruh ki shna da une u jait siej. Ia u ktang ju pyndonkam ruh ha kaba thain shylliah sad namar ba lah ban pyndonkam ia u bad khyrmet bad khyllieng ruh. Kumta lah ban ioh haduh ar ne lai niap wat tang na uwei u tir.

Sa kawei shuh kaba ym dei ban iaide lait, ka long ha kaba ot sohpet ia i khyllung ba dang kha ki ju ot da ka syrti jong u ktang da kaba la pam sapied na ka ktang um. Ia ka 'tangduma ruh ju shna da u ktang uba khah mat najan dyngkhong.

U MURI

U Muri u dei u jait siej uba don sha ri war. Um shym don ha ki ri khriat. Une u jait siej u kham rit bad lyngkot pung ban ia u rñai. U khoit lane u lung jong u Muri u long uba bang shibun ban bam jhur. Ia u lung siej jong u muri ki bam bha ki mrad naduh u brai, risang, khmud, niangkhied etc. Ki bam bha kumne namar u long uba jem bad bang shibun eh. Une u siej u long uba stang bad u khyllieng jong u uba lieh sada.

Kumno u pynroi ia lade: Kumba long lem kiwei kiwei ki jait siej u muri ruh u pynphiang symbai ia lade ha ki ar rukom. Kawei ka

long da kaba kha khun ha ki bnai synrai. U muri u dei u jait siej uba kha khun bun bha. Kumta ka jingkhanoi shisnem shisnem ka long kaba bun. U Muri u pynroi ruh lyngba ki thied kiba leit suh jngai na u tynrai.

Sa kawei pat ka rukom pynphriang symbai ka long da u phniang uba u shu bet da ki shyieng. U muri u ju soh bad u soh jong u u long uba heh kat ki soh kseh. Ki mrad ba bun jait ki bam bha ia u.

Jingpyndonkam: U muri u long uba ki nong ri war ki pyndonkam bha ha ki bun rukom kum ha kaba thaw iing, thaw sem, ki pyndonkam ruh ha kaba thaw kria sla na ka bynta ban thep ia ki sla tyrpad.

U RŊAI

U rŋai u dei uwei na ki jait siej kiba don bun eh ha ri Khasi. Ka daw ka long namar ba u iadei bad long bha ha ki ri tbian bad ri jrong. Ngi lap ia u ha ri Bhoi, ri War, ngi lap ha ri khriat ruh ba u heh u san bha.

U rŋai u dei ruh u jait siej uba ngi pyndonkam bun ha ki jingdonkam bapher bapher kum ha kaba thaw iing, ka pun jingkieng, ker kper, thaw ryntieh, snap khoh etc.

U rŋai u long uba rben bha kumta u long uba khelaiŋ bha. Ka jingheh jingrit jong u ruh ka biang bha ban pyndonkam ha ki bun ki jingdonkam. Ha kaba shna ia ki iing bun mala, la pyndonkam bun eh da u rŋai, ban pun jingkieng shajrong, na ka bynta ban kyrshan ia ki slap iing mala bad ban kiew shajrong ha ka por ba airon etc. la ki iing bha iing san. Kumta ki contractor bad ki nangtei iing ki pyndonkam bun eh da u rŋai.

Mynta ha iŋwduh ngi iohi ruh ba ki la ia thaw bhar na ka bynta ban bah bhar- ki nongrah dud, ki nongrah um etc. la kine ki bhar baroh

la thaw na u rñai. Kumta ngi iohi ba u rñai u long uba ngi donkam paidbah ia u.

U RÑAI SHILOT

U rñai shilot u dei uwei pat u jait siej uba don sha ri war, une u siej uba heh. Ha ka jingheh u syriem ia u ktang. Haba u dang lung, u jyrngam bha, ki-sla jong u ruh ki kham jyrngam ban ia u ktang.

la une u jait siej lah ban pyndonkam ha ki bun rukom kum ha kaba shna tīng shna sem, kum ha kaba ker syrdeng bad ruh ban sieh rishot.

Ha ki thain riwar ia u rñai shilot ki pyndonkam ha kaba pun shyngiar ha shnong bad ha ki bri tympew, ju kham pyndonkam ban pun shyngiar namar u kham jrong pung, nalar kata u kham sting shibun haba ia nujor bad u ktang. Kumta u kham sting shibun ban rah ban rong bad kham kloī ka trei ka ktah haba khlōng ia ki mat.

Haduh mynta, ia une u jait siej ym pat shym lap ha ri jrōng. Ki jaka ba u don mynta ka dei ha ki jaka khap pud bad ka Bangladesh sha ka thain Nongthymmai, Wahryngkang etc. Ha ka jingshisha, une u jait siej um iadei ban thung ha ri khriat. Haba la wan rah ha Sanmer, Upper Shillong, u im bha tangba haduh saw snem ruh um pat shym kha khun, katba kiwei kiwei ki jait siej la kumno kumno tang ar snem hadien ba thung ki la kha khun.

U RÑAI LONG

U Siej Rñai u dei u jait siej uba mih kynrei ha ri Khasi. Ngī lap ia u ha ki ri tbian (low altitude) u don ruh ha ri khriat bad ri jrōng hynrei u Rñai iōng u don tang khyndiat eh. Une u jait siej u kham rit shibun ban

ia u rñai. Ia une u siej la lap harum shnong Sonidan. U siej jong u, u kham byriong bad lyngkot pung tang kumba shiphut. Ki sla ruh ki kham rit shibun ban ia ki sla u siej Rñai.

U PANTABAT

Une u jait siej um da don kynrei. U don tang sha ki ri tbian jong ka ri Bhoi. Katba lah ban lap, um shym kiew sha ki jaka kiba kham long ri jrong wat ha ri Bhoi ruh. I mat u don ha ki jaka ki bajrong tang haduh kumba 300 meter na Sla duriaw.

Une u jait siej u long uba khah mat hajan tynrai bad u jrong pung tang kumba 30 cms. Ki syrnai (speh mat) jong u ki long kiba jrong. Kine ki syrnai ki jrong haduh kumba 10 cm. Kawei ka jinglong kyrpang jong une u siej ka long ba u kob jong u u tap ar tylli ki mat.

Napdeng ki jait siej baroh kiba don ha ri Khasi, u pantabat u dei uba jrong tam. Ha ki jaka kiba u sngewtynnad u lah ban jrong haduh arshah ia kiwei ki jait siej kum u rñai etc.

Une u jait siej, u long uba khlain shibun namar ba u khah mat. Ka jingpyndonkam ia u ka long ha kaba thaw iing etc.

Wat la u don tang khyndiat ruh, hynrei u la pynriewspah ia ka jingdon siej jong ngi hangne ha ri khasi. Ia u pantabat la lap ha Korhadem bad ha Umtngam.

U RTHEM

U Rthem u dei u jait siej uba ym da don kynrei ha Meghalaya. Katba lah ban lap, u don tang sha ri Bhoi sha Umtngam bad Tyrso. Haba shu peit khai, une u jait siej um shym don ha ki jaka kiba kham long ri jrong. U Rthem u mih ha ki juh ki jaka bad u Pantabat. La kumta ruh, don ki jaka kiba don u Pantabat, hynrei u Rthem um don.

la u Rthem lah ban ong ba u dei u syiem jong ki siej namar dei une uba heh tam na ki siej baroh. Dang ha ki por mynshuwa, la iathuh ba wat ka wait khmut kam kot shuh ban pam kumta haba khet ia u Rthem, ki pyndonkam da ka wait lyngngun.

U Rthem uba shu pdeng ha ka jingheh, u jrong pung kumba 40 cm. U kob jong u rthem u jem bad u ja bha, um tyrkhong kum u kob jong u ktang lane rñai. U kob u syiem ia u kob jong u pantabat. Ka jingiapher ka long ba u kob jong u rthem u bun shñiuh katba u pantabat u duna shñiuh. Nangta u kob jong u rthem u rben bad jem kumba don ka kynja sohprew (sponge) ha pdeng, katba u kob jong u pantabat pat u stang. Ki syrnai (speh) jong u rthem ki lyngkot bha tang kumba 1 cm.

Une u siej wat la u long uba heh tam, pynban ki sla jong u ki long kiba rit, ki heh tang kumba 18 la $2\frac{1}{2}$ cm. Ha ka jingshisha ki siej kiba heh, ki sla ruh ki heh. Hynrei une u jait, kumba la ong, ki sla ki rit haduh katta ba shisien peit i kumba ki dei ki sla jong u siej nt.

U SHKEN

(*Dendro calamus hamiltonii*)

U Shken u dei u jait siej uba iadei ha ki ri shit bad ri khriat kumjuh. Hynrei ha ki ri tbian u kham heh, kham jrong pung, nangta u kham kha khun bun. U shken ri tbian u jrong pung haduh kumba arphut ne ar phut shiteng. Na ki jait siej baroh, dei u shken uba leit kam eh ha kiba bun ki jingpyndonkam. Ha kaba thaw iing naduh u jingteh kum u 'war phiang, 'wartab, 'warjrong etc. ju pyndonkam da u shken lung bad thad ha tympan. Haba la thad prng kumne u kham shah slem. Nangta kiwei kiwei ki tiar thaw iing naduh u lphur, u pyniar u patiew, u siangdang, u-dieng kyrpong etc, ju pyndonkam da u shken, ha ka thaw ka wet lei

lei, naduh ka knup, ka trab, ka kriaah, ka khoh, u shylliah, bad bun kiwei kiwei la pyndonkam da u shken.

Ka khoh ka long kawei na ki tiar kiba ngi donkam man ka sngi. Ka jingpynmih khoh ruh ka long kaba jur man ka sngi. Kum ban ai nuksa, ka jingpynmih khoh tang na Raj Diengsaw (Khadar shnong) ka long kumba lai truck shi-shi-taew. Ia ka khoh la shna beit tang da u shken. Ia ka polo ruh kaba bun eh la shna da u shken (don ki jaka ba shna na u sylli, tyr-a etc.) hynrei kumba la ong, lehse kumba khyndaiphew san na ka shispah ki shna na u shken. Na ka bynta ka jingshalan mar na Shillong sha ri dkhar kum ki jhur, u soh, u sying, etc. Ia thep ha ka polo, kumta ka jingleit ka polo ruh shi sngi-shi sngi ka long ka bym kai shuh. Na kane ngi sngewthuh ba u shken u don ka bynta kaba khraw ha kaba shalan mar shabar ka jylla.

Mynta baroh ngi iohi ia ka jingpynshlur na ka liang ka Sorkar ban kyntiew ia ka jingshna ia ki jait tiar ba bun jait (Handicrafts). Na ka bynta kine ki tiar ruh, ka jingpyndonkam kaba bun eh ka dei da u shken.

Nalor ki jingpyndonkam ia u shken kiba ngi la kdew, kawei pat ka jingtip kaba la nang ia tip ka long ba u sla shken u long dawai ha kiba bun ki jait dawai. Ia u sla shken ki shet lang bad kiwei kiwei ki kynbat dawai. Don ki nong ai dawai kynbat kiba pyndonkam ia u sla shken na ka bynta ka jingpang Tonsil, kumta ngi lah ban ong ba u shken u long uba kordor eh kum u dawai ruh.

U SHKEN IONG

Ka long ka jingpynbeit kaba phylla jong ka Mariang ba bun lane jan baroh ki dieng ki siej ki don arjait-arjait. Ia ki siej ruh ngi lap kumta. U Shken iong um da don kynrei kumba don u shken. Ha ka jingpyrshang

ban lum (locate) la lap ba don u siej iong ha Kongthong kaba ha Khadar Shnong, bad sha West Khasi Hills.

Ki don katto katne ki dak ki shin da kiba ngi lah ban pyniapher ia u shken iong na u shken. U shken iong uba don ha ka shnong 'Keniong ha West Khasi Hills la shem ba u kham heh haba ia nujor bad u shken. Nangta ia u kob (Culmsheath) jong u la sop rben da ki skuin kiba iong, kiba ki khot ha Keniong u jkhain. Ki siej (stem) jong u shken ki kham jlih katba ki jong u 'ken iong pat ki kham i rben. Sa kawei shuh shuh, ia u 'ken iong kim da kham pyndonkam ha ka thaw ka wet kum ka knup ka trap ka kria ha ka khoh etc.

Une u jait siej imat u kham bun sha West Khasi Hills namar ba ia ka shnong 'Keniong ruh la ong ka la ioh kyrteng na une u siej.

U TANGLAR

Une u dei uwei pat u jait siej uba don ha ki jaka n khriat. U ia syriem shibun bad u siej lieh tangba une pat u dei u jait rit. Ia une ha Upper Shillong ki kham pyndonkam tang ha kaba teh jingteh kum ha kaba teh kper etc.

U tanglar u long uba jrong kliar shibun eh, ki kliar jong u ki khun bad nguh haduh khyndew ruh. Une u jait siej um dei uba roi, u don tang khyndiat eh.

U Tanglar wat la u long uba rit, pynban ki matla jong u pat ki neh. Kumta ban pynlong jingteh ruh ym da ioh ban thlieh jrong namar ka jingheh matla.

Kawei pat kaba ngi iohi ha u Tanglar ka dei ka rukom kdor ki mat syriem ia u Tmar.

U TAWANG

U tawang u dei u jait siej uba mih ha ri jrong, une u siej u kham heh ban ia u shken, u long uba jyrngam bha baroh shirynieng. U kot jong u tawang u long uba jrong bad ba jwat namar ha ka syrtap kaba hapteng u don ki ksai syriem kumba tah ha ka map (mounted). Ka jingjrong pung ka long kumba 15 inshi.

Une u jait siej u kham don sha ki thain West Khasi Hills. U don ha Jakrem, Mawkhan (Myriaw) bad ha kiwei ki jaka. Sha Jakrem ki don kiba da thung ruh ia une u siej. Ha Kynrut ki khot ia une u siej u Naiong

Jingpyndonkam: Une u siej u long uba bha shibun ban pyndonkam kum u lwar ban thain kriahe etc. Namar ba u jwat, lah ruh ban pyndonkam ia u ha ki bun jait ki jingpyndonkam. Ha ka liang ka jingjwat, u biang bha ha ka thaw ka wet bad ha kiwei kiwei ki jingpyndonkam.

U TAWANG IONG

Kumba la ong sha ka lynnong ba la dep, lajan baroh ki dieng ki siej ki don ar ar jait. Ia u siej tawang ruh la lap ba u don arjait. Ka jinglong jong ki ruh ka don ka jingiapher ha ki katto katne ki bynta. La ong ba u siej Tawang iong u kham jem kham ja ban pyndonkam. U Siej Tawang iong lehse u don kylleng hynrei ia ka jingtip ba thikna la shim na ka shnong Lawse kaba hajan Nongstoin West Khasi Hills.

U SIEJ LIEH

U Siej lieh u don bun jait, hynrei la shu khot kyllum lang u siej lieh. Ha ki thain Bhoi, ia u lung siej bam jhur la ioh na une u jait siej. Une u siej u don kynrei sha ri War bad sha ri Bhoi. Na ka jinglong jong ki kob jong u, ia u siej lieh lah ban pynbynta tang ha ki ar bynta. Uwei

uba lam saw ka kob bad uwei pat uba lieh kob. Na ka bynta ban pyndonkam ha kaba teh jingteh lane thain kriaah thain shang u kham jwat uba saw kob. Haduh mynta, une u jait siej u dang bun, hynrei ka por kam slem shuh ba ia une u jait siej ruh yn sa kyrduh. Ka daw ka long namar ka jingbam lungsiej ka long da ki hajar ton shisnem shisnem. Nangta ka jingpyndonkam ia u ruh ka long ha ki bun rukom. Katkum ka jinglap ki nongrep, ki shem ba u siej lieh u kham bam niangsku, kumta u kham bha u siej saw ban thaw iing thaw sem.

U SIEJ SAW

Une u jait siej u ia syriem shibun eh ia u siej lieh. La kumta ruh don katto katne ki dak ki shin kiba pyniapher na u siej lieh. La khot ia u kumta, lehse ka dei na ka rong jong u kob.

U kob jong une u siej u byrsaw katba ki kob jong u siej lieh pat u long byrlieh. Ki sla jong u ruh ki kham heh haba ia nujor bad ki jong u siej lieh.

Kawei shuh shuh kaba pyniapher na u siej lieh ka dei ba ki matla jong une u siej ki kham rit ban ia ki jong u siej lieh, u siej ruh u kham jem bad kham stang ban ia u siej lieh. Ha ki jingpyndonkam ba bun jait u kham bha u siej saw

U SIEJ IONG

U Siej iong u dei na ki jait siej kiba mih ha ki jaka ri tbian jong ka ri Bhoi bad ri War. Ym lap ia u ha ki ri jrong lait sa tang lada thung ia u. Haba u shu mih hi imat um shym kiew palat ia ka 3000 phut na sla duriaw. Une u siej iong um dei u jait siej uba heh. Lada shim jingthew ia uba shu pdeng u jrong pung tang kumba shiphut bad ka jingheh

(circumference) kumba 8 inshi. Sa kawei pat ka jinglong une u siej ka long ba um don bun ki tnad, ha kane ka bynta ruh, u ia syriem shibun ia u rñai. Hynrei u siej bad ki sla jong u ki kham jyrngam ban ia ki jong u rñai.

Ki don bun jait ki siej kiba shitom ban pynroi ia ki da kaba shu thung namar ba wat lada leh kumta ruh kim im. Hynrei u siej iong u long uba suk ban pynroi da kaba shu thung da u tynrai namar u im bha.

Une u siej u khlain ban ialeh pyrshah ia ka jingrang tyrkhong. Kumta lah ban thung ia u kham shwa khyndiat ban ia ka por thung ia u shken, shlu, tyr-a etc.

Ia u siej iong ki pyndonkam ha kaba thaw iing thaw sem bad ha kiwei ki jingdonkam.

U SIEJ BUID

U siej buid u dei uwei na ki jait siej uba don sha ri war. Ia une u jait siej la lap ha Khadar shnong, ha Shangpung, kaba hajan Wah Rew, ha Khrang bad ha Mawroh, (Lynti na Laitryngew sha Kongthong). U siej buid u syriem ia u rñai, ha ka jingheh hynrei u long uba jem. U jrong pung ruh syriem ia u Rnai. Ka jingjrong ryngeng ruh u syriem ia u Rnai tangba um ieng beit thik kum u Rñai.

U Siej buid u don kawei kaba kham pher na kiwei ki jait siej ka dei na ki **Skuin** jong u. Baroh ki jait siej ki don ia kine ki skuin (shñiuh) ha u kob bad kham bunsien ki don hapdeng bad ha ki rud. Hynrei ki skuin jong u siej buid ki don ar jaka hajan tduh jong u kob, bad kine ki skuin ki long da ki shñiuh kiba iong ar lynnong. Une u jait siej um shym

kha bun. Ha ka shisnem u kha tang saw ne san tylli. Ha ki jaka khriat ha Upper Shillong haba la thung, u iadei bad man bha.

U SIEJ SMIT

Une u jait siej u long uba rit syriem kat ki prew Smit wat la u rit ruh hynrei u dei na ka kur jong ki siej. la une u jait lah ban pyndonkam tang kum u synsar-phyllaw etc.

la une u siej ngi lap tang harud ka Nan Palok bad la thung khnang ia u na ka bynta ka jingitynnad. Une u jait siej rit, u pynphriang bad pynroi ia lade ha ka rukom jong u siej naka. Lyngba ki thied jong u, u leit suh jngai bad mih tynrai thymmai ha kane ka rukom.

U SIEJ TYRKHAW

Une u dei u jait siej uba rit bad uba khah bha ki tnad bad ki sla. Ym pat lah ban ong da kaba thikna, lada une u siej u dei u trai muluk trai jaka ne u dei uba la wan rah na shawei. Une u siej la iohi la slem harud ka pung ha Nan Palok hynrei um heh um plung satia, u shu sah kumjuh la bun bun snem mynta. Ka jingkindor eh jong une u siej ka dei ka jingitynnad bad ruh u pynriewspah ia ka jingdon siej jong ngi.

U SIEJ NAKA LONG

la u siej naka ngi lap ba ki don kiba heh, ki don ruh kiba rit. Kane lehse ka long kat kum ka jinglong ka jaka. Ha ki thain Mylliem ngi lap ki siej naka kiba heh. Don kiba ka jingheh ka long syriem kat u Rñai.

Hynrei u siej naka iong u dei u jait uba kyrpang. Haba peit thuh ia u siej naka iong uba don harud ka nan Palok ha kine ki khadsan snem ba la lah, ka jingheh ka sah katjuh, u shu nang iar ka jingiabun.

Hynrei kaba pyiniapher eh ia une u siej ka dei ba u iong. Ka jingiong jong u ka long kumba da thad pring. Ka jingdon jong une u siej naka iong, ka la nang pynriewspah ia ka jingdon siej ka ri Khasi. Une u jait siej u lah ban don sha kiwei kiwei ki jaka ruh. Hynrei uba ngi iakren hangne dei uba don ha katei ka jaka ha syndah ka pung Nan Palok.

U SIEJ JYMPUN

Une u siej u don tang khyndiat eh ha Shillong. U long syngit ha ki mat bad haneng jong u mat u long jympun bad u kham rit biang harum jong u mat uba bud. Une u siej u iadei tang ban thung pynitynnad (Ornamental bamboo). Ha ka ktien phareng ki khot u Buddha's belly bamboo bad ha ka ktien Science ki khot *Phyllostachy aurea*.

Jingpyndonkam: Une u siej namar ba u long uba rben bad uba long syngit ki mat, u iadei eh ban pynlong sping lane jingbat (handle) ha kiba bun rukom kum ka wait, mohkhiew, ki shuri etc. Ka jingdon jong u ha ri Khasi, ka la nang pynriewspah ia ka jingdon siej jong ngi.

U SIEJ STEM

U Siej Stem u dei na ki jait siej ki bym da don kynrei. Haba leit jingleit sha ki bynta bapher bapher ka ri India, ngi lah ban iohi tang hateng hateng. Ha Madras ki khot ia u, u Maram bamboo. Hangne ha Shillong ruh u don ha ki khyndiat tylli ki jaka. Ym pat lap dien, naduh mynno u la wan poi ha Shillong.

Une u siej u heh u plung sha sha ki ri shit bad ha Shillong ruh u long bha wat la um da heh kum sha ri shit. Une u jait siej haduh mynta ym pat ioh ban pyndonkam ia u, hynrei u iadei eh ban thung na ka bynta ka jingitynnad.

U SIEJ MAKAR

Une u siej u don sha ri War bad kata ruh tang sha ki ri shit ba ia khappud bad ka Bangladesh. U long u siej uba lyngkot pung bad ki mat jong u ki long kiba khlain. U don ruh ki tnad kiba skhem bha. Ha ki thain ka riwar Khadar blang, sha Nongtyngur, Nohwet, Lapalang, bad shawei ki pyndonkam bha ia u ha kaba pun ban kiew kwai. Ka daw ka dei namar ba ki tnad ki khlain, ka shngain bha ba un ym khyllad.

U LATUBA

U Latuba u dei u jait siej uba don tang sha ri War kiba shit. U don sha ki jaka riwar ka Khadarblang kum sha Nongthymmai, Nongtyngur, Nohwet bad shawei, ka jingpyndonkam ia une u siej ruh ka long kumjuh kumba pyndonkam ha ka thaw ka wet.

U Latuba u jrong pung kumba 12 ne 15 inshi. Ki kob jong u pat la tap lut da ki shñiuh kiba iong kiba ni bad kiba jlih. Harum jong u mat pat ki tap ki shñiuh kiba jlih tyrsiang. Ki sla ki syriem ia u sla shken tangba ki kham jrong.

U SIEJ THOHREW

Une u jait siej u don sha Jirang. U heh kat u rñai. Kaba phylla ka long ba u thohrew u siej (sern) bad ki sla ruh, u long u jait siej ba niar

eh bân lap. Ban pyndonkam u long ban pynlong lwar, pynlong tyrpait etc. U siej jong u u long uba jlih bad ki kob pat kiba skuin bha.

U SIEJ KHONGPONG

U Siej Khongpong u dei napdeng ki jait siej kiba ngi don naduh hyndai hynthai ha ri Khasi. La khot siej khongpong ia une u siej dei namar ba ki tnad ki long khongpong.

U siej khongpong wat la um don kynrei ruh hynrei imat u don hi hangne hangtai ha ki khyndiat ki jaka ka ri Khasi. Na ki jingtip kiba thikna une u jait siej u don mynshuwa ha u lum Raitong. La lap ruh ia u ha Mawlong, sha Jirang, Upper Shillong etc.

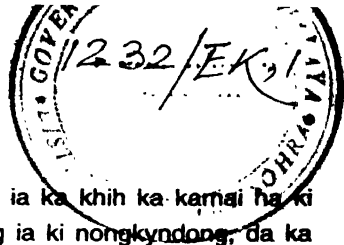
Une u jait siej um shym da heh hynrei u long uba jrong ryinieng ki siej. Uba la iaw, u long uba eh bad khlain shibun u iadei ban pyndonkam ha ki bun rukom ki jingpyndonkam.

U SIEJ BAD KA HANDICRAFT

Na ki jingtrei kti kiba dei ha ka thaw ka wet (Handicraft) ha Meghalaya, dei u siej uba ioh ka jaka pdeng ha kane ka jingtrei, ki tiar kiba ngi pyndonkam man ka sngi kum ka mula, ka khoh, ka knup, shylliah, ki kria etc. ki long kiba la shna na u siej.

Ia kine ki jait tiar ba bun jait, ha ka por kham mynshwa, ka jingdawa ia ki ka long lehse tang hapoh ka jylla. Hynrei ha kane ka juk. ka jingdawa ka long kaba nang khraw, bad ki ia iaaid shalan sha kiwei kiwei ki bynta jong ka ri.

Na ka liang ka Sorkar, ka la shim ia kane ka jingtrei (handi



craft) kum kawei na ki kam ban kyntiew ia ka khih ka kamai ha ki nongkyndong. Ka la plie ki lad ai training ia ki nongkyndong, da ka jingthmu ban kyntiew ia kane ka kam bad ban pynjanai ia kine ki jingtrei kti.

Na ka bynta ban kyntiew ia kane ka jingtrei, kaba donkam ka long ban pynroi ia u siej da kaba thung ia u. Kumba ka long baroh shikatta, ngi dang biang siej tang da kiba mih sha khlaw sha btap. Hynrei mynta la sdang ban ia kyrduh siej.

Ka China ka dei kawei na ki ri kiba riewspah eh ha ka jingdon siej, ka don haduh laiphew jait palat ki siej. Hynrei wat la ki don pahuh ruh ki da thung ia u bad thung bun ruh. La iathuh ba ha ka nongrit Shemxihu ha Zhejiang Province, ka jingrep siej ka la palat ia ka shihajar snem. Hangne ha Meghalaya ruh, ngi long kiba donbok eh, namar ngi long kiba riewspah ha ka jingdon siej. Katba lah ban lum, ki jait siej kiba ngi don hangne ruh lehse kim duna ia ka 40 jait. Na ka bynta ban pynroi ruh, haduh mynta ngi dang don kyrhai ki jaka, ka khyndew ka shyiap bad ki bri ki bsah.

Ka kam trei kti (Handicraft) ha Meghalaya, ka don ka bynta kaba khraw ha kaba ai kam ai jam ia ki briew ha ki nongkyndong. Ha kane ka juk kaba ka jingkyrduh kam ka nang jur hapoh ka jylla, ka handicraft, ka long ka lad ban ai kam kum ka jingtrei bynrap da ki bun phew hajar na u paid nongshong shnong. Ha kane ka bynta ngi hap ban phai sha u siej ba uri pynbiang tiar (raw material) na ka bynta ki jingtrei kti jong u paid ka ri.

U SIEJ U AI KAM IA KI KYNTHAI

Bun na ki jingtrei kti ki long kiba eh, kumta la ju trei tang da ki rangbah, kine ki kynthup ia ki kam mistiri, kam thaw wait thaw mohkhiew etc. Hynrei don bun ki jingtrei kti kiba ioh na u siej ki long kiba iadei bha ban trei ki kynthai ki khynnah.

Na ki jingtrei kiba ju trei ki kynthai ki long, ka kam thaw knup, thaw trab, thain khoh, thain shylliah, bad kiwei kiwei. Haba shu jer kyrteng kumne ngi lah ban pyrkhat ba ki don tang khyndiat, hynrei, ka jingai kam u siej ia ki kynthai haba khein ha ka jylla baroh kawei ka long da ki phew hajar ngut.

Ha kiba bun ki jingtrei kti kiba ngi ioh na u siej, kum ka thaw khoh, thaw knub, thaw trab, ki rangbah ki leit thoh siej sha khlaw bad pynpait ia ki. Hadien kane, kaba bun eh ka jingtrei la leh ne la shim da ki kynthai. Ki longkmie ha ri Khasi, ki long kiba smat bad kiba trei shitom, kim ju kwah ban pynthiah thai la ka kti ka kjat. Kumta ha ki por ba lait ki kwah ban trei khnang ban kham myntoi.

Ka bynta jong u siej ka wan hangne. Mut dur shiphang lada ngim don siej ha ri lum Khasi. Ym lah ban pyrkhat kiei ki jait jingtrei kti kiba ki kynthai jong ngi kin ioh ban trei. Ka jingdon jong ki siej ka plie lad plie lynti ban ai kam ia ki ha ka thaw ka wet ban trei man ka sngi ha la ki shnong bad ha la iing. Kane ka iarap shibun ia ki paid duk jong ngi ban ioh kamai na ka liang jong ki longkmie ruh. Kumta ka wan rah ka jingmyntoi ia ka iing ka sem. U siej namar kata, u don ka bynta kaba donkam eh ha kaba ai kam ia ki kynthai, bad kyntiew ia ka kamai kajih ha ki iing jong ki.

U SIEJ U AI IING IA U PAID DUK.

Ka iing ka dei lehse ka jingdonkam kaba nyngkong eh jong u briew. Ha iing u ioh ka jingiada na u slap na ka lyer, u ioh ka jingiada na ka jingkhriat na ka jingshit. Dei ha la ka iing ba u ioh ka jingiada na ki jingma kiba na shabar, u don ka jingshngain ha la iing.

Dei hapoh ka jingkdup jong kane ka iing, ba u briew u ioh ban saindur ia la ka iing ka sem lane ka longiing. Dei ha la iing ba u briew u ioh ia ka jingieit ba synlar bad banylla tam. Dei ha kane ka iing ba u briew u mad ia ka jingsuk ka mynsiem ia ka jingkmien-hoid dei ha la iing ba u briew u mad ia ka jynjar ka bijar- ka bukhoh. Dei da ka jingiamilai lang jong kine kein, ba ki pynlong ia u, u riew pyrkhat.

Khnanng ban pynioh ha lade kum kane ka jaka, u briew u sei lut la ka buit ka bor baroh ban shna ka iing ka ban iadei dur bad ka jingdonkam jong u. Hynrei ban shna ia la ka iing, ka dawa ka jingsei bor kaba jur. Ki jingdonkam ki long kiba bun, khnanng ba ka iing kan long kaba skhem. U dei ban wad ki rishot ki ban kyrshan, ki bah tympha, ki jingsop ki jingker ki jingsiang etc. Ban pynbiang ia kine baroh, ka dawa ka jinglut kaba jur. Barabor, ka long shaba palat ka bor jong u.

Kane ka jingeh ban ioh iing hapdeng uba bun ba lang, kam dei tang ha kane ka por jong ngi, hynrei naduh hyndai hynthai ruh, hapdeng u paid duk kim ioh ka iing lyntang, ka iing bha iing miat.

Napdeng ki tiar thaw iing baroh dei u siej uba biang eh ban pynioh iing ia u paid duk. Na ka bynta ka jingdonkam ba bun syrtap ha kaba shna iing, u siej u pynbiang la jan baroh ia ki. Lah ban jer katto katne na ki.

Ia u dyngkhong siej wat uba la iaw pura bad ba rben, ju pyndonkam kum ki rishot, nangta u shabah, u bahtympha, u khnong, u

lphur, u dieng kyrpông, u khaiñshi, u pyniar, u patiew, u pynher, u shankhung, u parkhnai, u shopdpei, baroh da u siej. Ban siang pat ngi ioh u tyrpait, u siangdang, ban pynskhem ia ki ruh ngi teh da u 'wartap.

Na ka bynta ban ker, ju pyndonkam ban ker syrdeng da u tyrpait. la kane, lah ban thain piahwei, lah ban thain piahar lah ruh ban shu khap. Kane ka shong kat kum ka jingsngew mon lane ka jinglah u trai iing.

la ka jingkhang la shna tang da u siej suda. Nangta ia ki pongshai baroh la shna jingkhang tap da u siej. la ka jingsop la ju sop da u sder, traw lane tynriew. Lada dei u sder lane u traw, donkam lymphiang da ki siej, ban teh ia ki donkam da u war-phiang bad wartap. Lada dei da u tynriew, wat lada ym donkam lymphiang siej, donkam pat u warphiang bad u wartap. Na ka bynta ban pynskhem ia ka iing, ban pyniasnoh lang ia ki tiar iing, la teh lang tang da u warjrong ia uba la shirn na u 'siej lung uba dang hynriew ne phra bnai ka rta.

Kaba donkam ban leh haba pynkhreh iing siej ka long, ba dei ban pom ne khet lypa ha ka por ba dei bnai lane bha bnai.

Ka ju long ka rukom naduh hyndai wat haduh mynta ruh haba shna iing, u trai iing u pynbiang lypa ia kitei ki tiar bad haba la biang, u iawer ia ki marjan lane para shnong ban ia shna lem. Da kaba leh kumne tang shisngi, lane ar sngi duh, la lah ban pyndep ia ka iing kat ban bit shong. U trai iing u ai jingbam shisien bam ia ki lok kiba wan iarap.

Na kane ngi iohi, ba ia ka iing jong u duk u suk, lah ban pyndonkam tang da ki siej suda nadong shadong. Ka jinglut ruh ka long kaba rit eh kaba uba duk ruh u lah ban kot bor, ka long namar kata kaba dei eh ban ong, ba u siej u pynioh iing ia u paid duk.

KI JINGKIENG SIEJ.

Ha ri lum jong ngi, don bun bah ki wah kiba rit bad kiba heh kiba tuid ha ki them bad ki lyhuh, ki wah ri lum wat la ki rit hynrei ki lat-lat jong ki ki long kiba khlain shibun eh. Nalor kata hangne ha ka ri jong ngi, ka jingioh slap ka long kaba jur shibun. Don ki bynta kiba ka jingioh slap ka long hapteng kiba jur tam ha ka pyrthei. Kumta namar ba ki lat-lat ki long kiba khlain, wat ia ki wah rit ruh dei ban da pun jingkieng. Haka jingshisha wat ia kito ki wah duid kiba ym don um ha ka por tlang, ha ka por lyiur pat dei ban da pun jingkieng.

Ia ki wah kiba heh ka jingkieng ka long ha ka dur jong u simplyllieng lane ka khillon. Hynrei ia ki wah rit, ki jingkieng ki long da kaba shu *nohtah*.

Ki siej ki long kiba iadei eh ban pyndonkam ha kaba pun jingkieng. Ki long kiba sting ban rah ban rong haba ia nujor bad ka dieng. Ia u siej lah ban khun khlem da shitom ei ei lada donkam ban leh kumta. Ki siej ki long kiba jrong haduh 70 ne 80 phut uwei uwei. Ia ki dieng nalor ba ka long kaba eh ban ioh ka long ruh kaba shitom ban ring na shiliang sha shiliang wah. U siej u long uba jem dor shibun eh wat lada dei ban da thied. Hynrei ha ki nongkyndong ym da donkam thied namar ba kawei pa kawei ka shnong ka don la ka kshap (khlaw siej) ia kaba la buh khnang da ka shnong.

Ki siej Pun Jingkieng: Na ka bynta ban pun jingkieng ju pyndonkam da u siej iaw, ka rta um dei ban duna ia ka lai snem ne saw snem. Na ka bynta ban pun jingkieng u siej u dei ban long da uba bha kliar. Kim ju shim da u siej 'liarngot, u siej kdiah lyer lane u siej bam khniang. U dei ban long uba bha mat. Kim ju shim da uba kdor, hynrei u dei ban long uba beit bha.

Ka Por Pun Jingkieng: la ka jingkieng ha ki wah bah ki ju pun ha ki bnai Kyllalyngkot, ki pun ha une u bnai khnang ba u siej, u syngkhong, ki jymie bad ki dieng kanah bad u bnoh kin ym bam khniang Ka long kaba ma shibun eh ia u paid nong leit lynti lada bam khniang uno uno na kitei haneng.

Teng teng haba ka jia ba kano kano ka jingpynpep bym pat ioh ban ia mih pun jingkieng ha une u bnai ki ju khet lypa ia u siej katba dang dei bnai.

Sa kawei shuh shuh, ha une u bnai, ka mariang ka dang iohthiah lyngngai. Baroh ki long jai jai. Naduh u bnai Rymphang ter ter ka la khie lyer. Ha ki taiew ba jur lyer ka long kaba shitom ban pun jingkieng. Ka long ruh kaba ma ia kito kiba kyntiew bnoh, namar ia u bnoh ki ju pynskhem ha ki dieng bah dieng san. Ka long ruh kaba ma ia u nonglam (leader) khmat, bad ka pynthut wat ban pyniakem ktang.

Hato dang donkam jingkleng siej ne em mynta: Bun lehse ki lah ban pyrkhath ba ym donkam shuh. Ka daw ka long namar ha ki nongkyndong ruh la nang ia ioh jingkieng sainar. Hoid kata ka long kaba dei, la kumta ruh u siej un dang iai ai la ka jingshakri slem nadien nangne ruh ha kaba pynioh jingkieng siej. Ha ki lynti rit, ki lynti lyngkha ha nongkyndong yn dang ia iaidd lyngba ia ki wah duidd bad wah rit kiba ha ki bnai lyuir yn ym lah ban khlan lada khlem ka jingkieng siej.

U SUP U THIAH NA U SIEJ

Ha Meghalaya, la kheiñ ba kumba 80 na man ka 100 ki nongshong shnong ki dei ki nongrep. U paid nongrep ha ki nongkyndong u ju buh tyngkai ia ki jingmih na ka rep khnang ban biang ban bam baroh shi snem. Ki mar rep kum u kba, u krai, u sohriew, raishan etc. ki

iadei eh ban buh slem ha u sup, u shang lane ha ka thiar. la kine baroh la shna na u siej.

Ki longshwa jong ngi ki don la ka jong ka jingtip jingsngewthuh, balei ba ia ki mar rep kum u krai, sohriew, kba, raishan etc. bad kiwei ki jingbam don stait (cereal) ki thep ha u shang, u sup, bad ha ka thiar. Ka daw kam da dei eh namar ba ki don pahuh ia u siej ban shan ia ki, hynrei namar ba kine ki jait jingbam ki iadei bha ban leh kumta. Lada buh ia ki ha ki synduk dieng, ki sop bad boi 'niangkhang kloj, ki bam khniang etc. Kane ka long namar ba kam rkhiang ne lait lyer kumba ka long ha ki sup bad ki thiar lane ka lah ban long, ba don sa kiwei ki daw.

Kum ka jingpeit bniah ia ka rukom buh krai ha Khadar Shnong, ka jaka kaba jur slap kum ka Sohra hi; nga la leit ban peit bniah (study) ha ki ar tylli ki shnong- ha Kshaid bad ha Kongthong. Ha kshaid ha ka kamra buh krai u Bah Haju Khongngain. U krai uba la buh ha u shang la hynriew snem u dang bha kumjuh kum uba dang shu dep ot dang shen. Ha Kongthong nga la leit jngoh ia ka kamra buh krai jong u Bah Rishet Shabong ha kaba don haduh san shang ki krai. Kaba phylla ka long ba u krai uba don ha uwei u shang uba la buh la khadsan snem, u dang bha kumjuh kum u krai uba don ha ki shang kiba dang shu buh thymmai. U krai u lah ban bha slem namar ka jingsumar ka long kaba da don da ka rukom. Naduh ka jingheh ka jingjylliew jong u shang, ka rukom pynrkhiang, ka rukom sung bad ka rukom thep ha u shang ka long kaba ki da leh bniah kat kum ka rukom jingnang ki nongrep.

Kawei pat kaba sngewtynnad ban tip ka long ba ki don ki jait siej kiba ka khnai kam treh ban dait. Une u jait siej u dei u Sylli. U long uba khaiñ kher kher, wat ka khnai ruh ka shyrkhei ki bniat ban dait ia u. la u sup bad u shang ki ju shna na u ktang, hynrei ia ka thiar ban buh sohriew, krai, etc. ki ju thaw da u sylli.

Ka khnai ka dei kaba pynjulor eh ia ki jingbam kiba ngi buh ha iing lane ha kudam. Hynrei haba ngi buh ia ki ha ki thiar ba la thaw na u sylli, kumba la ong sha khmat, wat ka khnai ruh kam ioh lad ban pynjulor than.

Na kaei kaba la ia kren, ngi iohi haduh katno u siej u long uba donkam eh na ka bynta ban buh slem ia u khaw u kba, u krai, u sohriew kiba u paid nongrep u donkam lynter ia ki.

U SIEJ U IADA NA KA JINGTWA LUM

Ha Meghalaya kiba bun ki ranab lum ki long kiba sharing. Ka jingrep shyrti khlaw ruh ka jur eh ha kine ki ranab lum. Ka jingtwa lum ruh ka jur eh ha ki jaka rep shyrti khlaw. Ka ju jia barabor ka jingtwa lum ha ki jaka syllai. Kane ka long namar haba la syllai, ki thied jong ki dieng ki la pyut bad kumta kim bat shuh ia ka khyndew. Tang shu wan ka aiom slap ka khyndew ka jem bad kham khia bun shah ban ia kaba ju long. Ki thied dieng kiba ju bat ia ka khyndew bad ia ki maw, ki la nurom bad pyut, kumta ka jia ka jingtwa lum kaba shyrkhei ha kine ki jaka syllai.

Hynrei ha ki jaka kiba don siej, la ka long ha ki ranab lum, ki them, ki lhuh ne ki phud wah, ym ju kham don ka jingtwa lum. Kane ka long namar ba u siej u long uba mih khah bha ki thied. Ki thied jong u ki long kum ki ksai kiba lieh ki ia thaiñ ia ka khyndew haduh ban da khah pñaiñ. Nalor ba ki bun ki long ruh kiba jwat. Nalor kata ki pur jngai baroh sawdong ia u tynrai. Ha ki jaka ba mih u siej ka khyndew ka skhem. Dei na kane ka daw ba ha ki bri siej ym ju da kham don koit ka jingtwa lum.

U siej nador ba u iada na ka jingtwa lum, u iada ruh na ka jingtuid ka khyndew (top soil). Haba peit ia u siej i kumba um ju hap sla. Hynrei ka jinghap ki sla iaw shisien shisnem ka long kaba jur. Kane ka jinghap sla u siej ka jur eh ha ki bnai February-March. Ki kob siej ruh ki hap lut baroh ha kito ki bnai. Ka jinghap jong kine baroh arjait ka long haduh katta ba ia ka khyndew baroh la tap lut da ki, katba ki nang hap na kawei ka snem sha kawei pat, ki nang pyut hangto haduh ba la tap rben da ka lasew jong ki. Ki bri siej ki long kiba sbob bha namar ba ka duna ka jingtuid ka 'dew lor. Ha ki thain ri Bhoi bad ha ki thain ri war, ki nongrep shyrti ki ialeh ban rep ha ka jaka siej namar ba ki jingthung naduh u kba, ka shriew, ka phyrnap, u sohmynten, u nei, nei iong, ka kait etc. ki bha eh ha ki tynrai siej.

Na kaei kaba ngi la kdew haneng, lehse ka la biang ban pynkut nia ba u siej u iada shibun na ka jingtwa lum bad ka jingtuid ka khyndew.

U SIEJ KUM KA JINGDIANG SHALAN MAR

U siej u ioh ka jaka kaba kongsan ha ka jingpyndonkam ban thep ia ki mar ha ki iew ki hat. Ki mar rep ri war kum u sohniatma, soh myndong, ka kait, sohtrun, latyrpad bad ki jingrep ri lum pat kum ki jhur kiba kynthup ia u kubi, phul kubi, muli, soh plom, soh phareng, soh lakum, sohphoh nongkhlaw, piskot etc, ki long ki mar kiba iaied iew bha. Ka jingshalan ia kine ki mar ka don ar bynta, kaba nyngkong ka long kaba kit na ki shnong jong ki nongrep sha ki iew ki hat bad kaba ar pat ka long kaba shalan ia ki na ki iew sha ki iew hapoh ka jylla, bad ruh sha bar ka jylla.

Ka jingiaid shalan jong kine ki mar rep ka long lehse da ki hajar ton man ka sngi. Ha kaba shalan kumne, ka jingdiang kaba iadei eh ban thep ia ki ka dei ha ki kria bad ki shang ba la shna na u siej.

Kawei na ka jingkylli kaba ngi lah ban buh hangne ka long balei ba ym shym shalan mar ha ki synduk. Ka jubab kaba shai ka long, ka synduk ka shong rem than, kawei pat, ka jingkhia jong ka bad kaba kongsan ka long ba bun na kine ki mar rep ki iadei ban thep ha ki kria bad ki shang ba la shna na u siej. Ka jingshalan ia kine ki mar rep ka long lajan baroh shisnem lynter bad kaba bun haduh katta katta. Wat la ym lah ban ioh ia ka jingkhein kaba tikna, hynrei kaba ngi iohi ka long ba tang ki mar kiba phah na lewduh sha ri dkhar ruh, ka long da ki hajar ton shi sngi shi sngi. Na kane ngi lah ban sngewthuh haduh katno u siej u long uba donkam eh ha kaba shalan ia ki mar khaii. Lada ym don siej kan ktah wat ia ka dor ka mur jong ki mar khaii. Lada dei ban thep ha ki synduk kan shong rem palat. Hynrei u siej namar u long uba jem dor, kumta ka iarap ban ym pynkiew dor ia ki mar khaii ruh. U siej namar kata, u long uba donkam eh ha kaba shalan ia ki mar khaii jong ngi.

KA POR SAN U SIEJ

Baroh ki jait dieng, ki phlang ki kynbat, ki ñiut ki ñier, ki don la ka jong ka por san. Ki dieng ki san ki heh da kaba sei ki shylluit lung man ka snem. Kiba bun ki jait dieng ki sdang khie shylluit tang shu wan ki bnai Pyrem bad ki iai san baroh shi lyiur.

Hynrei u siej u pher na ki jait dieng baroh ha ka rukom san. U pynkut ia la ka jingjriong tang hapoh khyndiat bnai. Haba u la pynkut ia ka jingjriong, kaba sah ka long sa tang ban sei ki tnad bad ki sla ban nang iaw.

Lada don por ban ap bad peit shaiñ ia uno uno u jait siej ha ka por ba u dang sei lung, lehse lah ban iohi kumno ba u sum pynjriong ia lade. Ha ka shisngi u rñai u san hapdeng 2 inshi haduh kumba 4 inshi. U ktang pat hapdeng 3 inshi haduh 6 inshi.

Kane ka jingsan pynjrung jong u siej ka neh tang kumba lai bnai ne saw bnai. Hadien jong kane, u sangeh syndon bad um pynjrung shuh. Kiwei kiwei ki jait siej ruh ki syriem ka rukom san kum kitei ar jait ba la ai nuksa. Ki bnai kiba u siej u sei jrung pynsted eh dei ha ki bnai August haduh October.

Ha kane ka por san, u siej u long uba tlot haduh katta katta. Ki mat jong u ki dang jem. Khamtam ka bynta kaba ha neng jong u mat ka jem kum ka khoit kait, la kane ka bynta kaba jem, la sop pynskhem da u kob siej (culm sheath). Une u kob u teh skhem sbak ia uwei pa uwei u mat. Kine ki kob ki long kum ki ksah kiba pynskhem bha. Kine ki kob ki ap haduh ba ki khoit kin da kham iaw bad eh. Haba ki la khlain bad eh ki pynkylluid ia lade bad hap noh. Ki kob siej kim shym hap shisien hap baroh shilynter u siej, hynrei ki sdang na u mat uba na trai bad nang bud ter shiter sha kliar.

Ka mariang bad ka jingsan u siej. La ong sha khmat ba u siej ha ka por ba u dang khie lung ki mat ki dang jem. Namar ba u jrung rynieng, ka don ka jingma ba u lah ban khein noh lada don ki jingpynkhih kiba jur.

Ha ka jingiadei bad kane ka long kaei kaei kaba sngew tynnad ban tip ba ha ki taiew ba u khie lung u siej ka bneng ka long jai jai wat la ka jur slap pynban kam ju jur lyer. Lada jur lyer kumba long ha ki bnai pynnoh lyuir, lehse bun ki siej lung kin khein lut. Hynrei ka long ka jingpynbeit kaba phylla jong ka mariang ba ka aiom san jong u siej ka long ka aiom kaba jai jai.

La kumta ruh, don teng teng ki snem kiba wan jur u slap bad ka lyer kiba neh bun sngi ha u September bad teng teng ka jia ha u October, ia une u lyer ki khot u **Kyrtiah**. Haba wan poi u kyrtiah; ki lung siej ki khein lyngkhot lyngkhai. Barabor kane ka jingkhein ne jingkdiah ka

dei kham na jrong. Uto u bynta uba sah u im wat la um don klier shuh. Hynrei kum une u siej um bha shuh ban pyndonkam, ha ka jingshisha um larkam shuh. La ju khot ia u, u **Siej Liamgot**. U siej liamgot um larkam shuh namar u la long "Lungja" baroh shirta.

KA RUKOM BAD KA POR THOH SIEJ

Don ar jait ka rukom thoh siej:-

- (1) Kaba thoh sumar
- (2) Kaba thoh shaiñ,

la u siej ruh lah ban pynbynta ha ki arjait:-

- (1) U siej 'tithung
- (2) U siej long hi.

Ki riew rim haba ki thoh siej ki thoh sumar kam pher la u dei u siej 'tithung ne u siej long hi. Haba ki thoh sumar ki da mait artad ia ka ñuit ka ñier, kim ju thoh ia uba na rud. Kim ju thoh ia u siej shisnem khnang ba un nang kha khun. Ki mait noh ia uba 'liamgot, uba bam khniang etc. Ha kane ka rukom thoh siej, ki kham thoh da uba napdeng. Ka rukom thoh shaiñ ka long tang teng teng eh. Ki ju thoh shaiñ tang ia u siej uba ha ka bri kaba la dei ban rep lyngkha noh. la u biew uba thoh shaiñ; ki ong u **riew mud**, u **riew khlem akor**. Ha ka rukom thoh shaiñ, ka mut ba thoh na phang kat uba long ban pyndonkam khlem salia wat la u duh noh ruh.

Ka por thoh siej ka long kaba ki da khein bha. Ki da khein ba u siej uba ki thoh un bha. Ki da khein ruh ba u tynrai siej un bha. Kumta kim ju thoh siej ha ka por ba 'lapbah. Kim ju thoh siej ha ka por ba u siej u dang ai buiñ khun. Lada leh kumta un sniew u tynrai siej.

Ka por thoh siej kaba ki da khein bniah ka dei ia u siej uba mut na ka bynta ban thaw iing. Ia u siej thaw iing, ki thoh tang ha ka por dei bnai. Ka por thoh dei bnai ka long barabor ha u Naiwieng, Nohprah bad Kyllalyngkot. Kata ruh ha ka por ngen bnai. Don pat kiba nang ban khein, ki thoh haba *dei sngi*, kata ki tip ban khein ia ka sngi, kiba bun hi kim nang ban khein ia ka sngi, ki thoh ha ka por dei bnai.

U SIEJ HABU U PHUH SYNTIEW

Kiba bun eh na ki dieng ha khlaw, ki ñiut ki ñier, ki phlang ki kynbat, ki phuh syntiew man ka snem. Haba ki la phuh kiba bun eh ki sei sa u soh bad ki long symbai. Ha kane ka rukom ki nang pynphriang symbai ia lade.

U siej u pher na kitei baroh. U phuh syntiew hynrei um ju phuh man ka snem. Ha ka jingshisha ka jingphuh siej ka jia shisien da ki phew snem ne wat da ka spah snem ruh. Sa kawei pat kaba pher ia u siej ka long ba, wei u la phuh syntiew u la troin bad iap noh artad. Ka jingkylli ka mih hato haba la phuh u siej ngin ym ioh siej shuh? Ka jubab kaba shai kdar ka long u siej u phuh syntiew khnang ba un pynroi ia lade.

Ia ka jingphuh siej lah ban pynbynta ha ki ar jait:-

1. Ki siej kiba ia phuh paidbah shisien phuh ha ka juh ka por.
2. U siej uba phuh marwei marwei.

1) Na ki jait siej kiba la shem ba ki ia phuh paidbah shisien phuh, bad ki duh noh ki long -u sylli, u namlang, u tmar etc. Kine ki jait siej ki ia phuh lang shisien phuh ha kata ka thain baroh. Nangta ki iap noh, kane ka dei ka jingpynbeit kaba phylla jong ka mariang. Khyndiat snem hadien ba ki la phuh paidbah bad ba ki iap noh, yn sa mih biang da ki siej thymmai kiba la bet symbai ki siej tymmen. Kane ka shim por

kumba ar ne lai snem ba u siej un mih thymmai bad ba lah ban iohi biang ia ki.

2) U siej uba phuh marwei: Na ki jait siej kiba phuh ha kane ka rukom ki dei u ktang, u tanglar, u muri etc. Ki siej kiba phuh ha kane ka rukom ki phuh tang uwei ne ar tylli ha ka shi tynrai. Don ruh uba ia phuh lang baroh shi tynrai.

Ka dak ka 'nem sniew: Ka ju don ka jingngeit ba lada phuh syntiew u siej ka dei ka dak ban sa jia ka 'nemsniew, ia kane la ngeit ba haba don ka jingphuh siej yn sa jyllei ki khnai, bad jia ka 'nemsniew. Ka long ka jingshisha ba ki khnai ki lah ban wan bun bad bam na phang ia ki jingthung jingtep ruh. Hynrei ka jingwan bun jong ki khnai ka dei namar ba ki bang eh ia u symbai siej. Kam dei ba u phuh siej u long ka dak jong ka 'nemsniew. Hynrei ka dei pynban ka dak kaba bha ba ngin sa nang pahuh siej.

U SIEJ U AI KAM IA KI NONGKYNDONG

Na ki jingtrei kti baroh dei u Siej uba ai kam ai jam bun eh ia ki nongkyndong hangne ha ka jylla Meghalaya. Don ki jaka kiba ki brieve ki shim ia ka thaw ka wet (handicrafts) kum k jingtrei ba kongsan. Kiba bun eh ki shim ia ka kum ka jingtrei bynrap nalar ka kam rep. Ka jingioh kam ki brieve na kine ki jingtrei kti, lada shim tang hapoh ri Khasi Jaintia lehse kim duna ia ka 20,000 ngut.

Kine ki jingtrei ki kynthup ia ki jingtrei ba bun jait kum kaba thaw khoh, kriaah polo, shylliah, shylliah sad, knup, trap, shang, prah, pdung, khoh tyrtong bad bun kiwei kiwei.

Kine ki jait jingtrei ki long kiba ai kam ai jam ia ki brieve ha la

iing bad ha la shnong. Bun na ki jait kam haba ki brierw ki ioh kam, ki hap ban mih na la shnong bad ban leit bud ia ka kam. Hynrei kine ki jingtrei kti, kumba la ong, ki ai kam ha la iing bad ha la shnong. Sa kawei shuh shuh kaba sngewtynnad ban pyrkhat ka long ba, ki brierw kiba trei ha kine ki jingtrei kti (handicrafts) kim ju iehnoh ia ka kam rep katba ha kiwei kiwei ki jait kam shisien ba la iohkam, ki la dei ban iehnoh ia ka rep. Ka kam thaw jingthaw ka long tang ka jingtrei bynrap hynrei ha ka juh ka por ka kyntiew ia ka ioh ka kot jong ki brierw ha ki nongkyndong.

Ka long kaba sngewtynnad ban pyrkhat ba ki nongthaw jingthaw ha ki dong ba pher jong ka Ri, ki pynmih ruh ia ki jait tiar kiba pher ha la ki jong ki jong ki jaka, kum ka nuksa ia kane lah ban jer katto katne na ki:

Ha ka thain Khadar Shnong, ki pynmih bun ia kine ki tiar: ka khoh, kria, polo, kria khra, kria prah, kria dihkha, khoh muli, ruh sniang, ka snad, trab etc. Ia u shylliah ki pynmih bun eh na Nongshken, Tangmang, etc, ia u shylliah sad ka jingpynmih ka jur na thain Rambrai. Na Syntein ki pynmih bun jait ki tiar trei kti kum ki shangrah, shang khiew, knup slew, trab kaweh, u prah bad bun jait kiwei kiwei.

Na ki thain Bhoi ki pynmih ia ki shylliah lieh bad shylliah sad. Ka raj Mathan ka long kaba la pawnam ha kaba pynmih bun ia kine ki tiar, ki shnong kiba kham paw nam na kane ka thain ki long ka Umjari, Umjari Mathan, Umskhakeri, Mawpru, Pamkroh, Nongpathaw, Basheh, Umdohkha etc.

Ki shnong kiba kham pynmih bun ka kria polo ki long ka Nongpriang, bad bun ki shnong ka 12 Shnong, Wahkhen, Rymkheng, bad kiwei kiwei. Ka shnong Kynrut ka dei kawei na ki shnong kiba pynmih bun u star. Ia u tlieng ka jingpynmih ka jur na ki thain Nongstoin. Ia ka

knup bad ka trab sla ki pynmih na sha Rynngi, Lynshing etc. la ka knup Sohra ki thain ki Umwai. Bun bah ki shnong ha Jaintia Hills kiba pawnam ha kaba pynmih ki tiar kiba da trei ni shibun eh kum ki Shang, Shangkwai, Mula, Trop, Pdung, Shalani etc. Ha Jaintia Hills ka shnong Sohkyphor ka long kawei na ki shnong kiba pynmih bun ki tiar kiba bun jait bad ba itynnad. Sha ki thain Jirang-Patharkmah ki shna ki khoh kiba pher bak na ki khoh kiba ia pyndonkam ha kiwei ki bynta ka ri Khasi. Ka khoh jong ki ka long kaba lam pyllun. Ka khoh jong ki Shala pat ka long kaba jrong bad nep tdong, kine ki khoh Shala ki long kiba da thain ni haduh katta katta.

Ka knup ni jong ki Mawlong ka long kaba la pawnam naduh hyndai hynthai bad dang iai ñiewkor ia ki haduh mynta mynne. Kine ki knup ki long kiba ni haduh katta katta. la kine ki knup ju kup sngi ki riewtymmen bad ju buh ha ki iing kum ki mar pynriam iing.

Kitei ki shnong ba la jer kyrteng haneng ki long tang katto katne na pdeng ki phew bad ki spah tylli kiba don bynta ha ka thaw ka wet ha ri Khasi bad Jaintia.

Kumba la ong sha khmat, kine ki jingtrei kti, ki la ai kam ai jam da ki phew hajar ngut ia u paid nongkyndong jong ngi. Mynta lei lei, kine ki jingtrei kti ki la nang ioh ka jingpynshlur na ka Sorkar bad kiwei ki seng Bhalang. La kyrmen ba ki briew ruh kin nang im sngi ban trei minot ia ki, kumta ba kine ki jingtrei kin ioh ka bynta kaba donkam ha ka khih ka kamai u paid nongkyndong.

U SIEJ BAD KA EDUCATION

U Mahatma Gandhi u kpa ka jaitbynriew, ha ka jingsaundur ia ka lawei jong ka Education u iohi ba kaba iadei eh ia ngi ka dei kaba u khot ka Craft Centre of Education. Kat kum kane, ki jingtrei kti ki ioh ka jaka pdeng ha ki katto katne ki kyrdan jingpule.

Ha kane ka phang u siej u ioh ka bynta kaba donkam ha ka Education bad u long lehse uba ki nonghikai bad ki nongpule, kin pyndonkam man ka sngi. Don kiba pyrkhath ba u Mahatma Gandhi u thmu ba ki skul ki dei ban long kiba kyrshan hi da lade (self-supporting). Hynrei kata kam dei ka jingthmu kaba kongsan. U Gandhi u ong ba haba u khynnah u ktah ia u siej, kan btin ia u ban tip sa ia kiwei de ki jingtip, kum ka Culture, ka History, ka Geography, ka Agriculture etc. Ha kano ka rukom? Haba u shim ban thaw jingthaw ka dei ka bynta jong ka *culture* jong ka jaitbynriew. Ka iasoh bad ka History namar dei ki Longshuwa jong ngi kiba la shem buit bad ngin hap ban tip shaphang ka mynnor bad ia ka jingpyndonkam ia ki. Ka iasoh ruh bad ka Geography namar u khynnah un hap ban tip ia ka jinglong ka khyndew, ka jinglong ka suin bneng etc. kaba ia dei na ka bynta ka jingsan u siej. Nangta un tip ruh kumno ban rep ia u siej, kane kumba la ong ka iasoh bad ka Agriculture.

Kaei kaba u kpa ka jaitbynriew u iohi - ha ka Craft Centre of Education, ia kaba la pynrung lyngba ka Basic Education ka long ka phang kaba iar. Ka don ka jingiasoh ba la pynpar pain bad ka Educational Psychology. Ha kano ka rukom, ki riewstad (Psychologists) kiba im sngi ha kane ka phang, ki ju ong ba u khynnah haba u la poi sha ki rta 11 snem arted u la rung sha kata ka kyrdan jinglong briew kaba bun bha ki jyrwit kyrwat (strain and stress). Ia kane ka kyrdan jingsan ki khót ka por khie samla (adolescence period) - kaba bteng haduh ki rta

18 ne 20 snem. Kane ka por san ka long ka kyrdan kaba ki kmie ki kpa bad ki nonghikai ki dei ban iarap bha ia ia ki khun ki kti lane ki khynnah skul.

Haba ki khynnah ki ia poi ha kane ka kyrdan, ki kmie ki kpa bad ki nonghikai, kam biang ba kin shu ong "iad biang biang ba ka lynti ka dei kaba ma." Hynrei ki dei ban ong:- "Ai hangne ka kti ngan btin ia phi"

Nangne mih sa kawei ka jingkylli kumno yn leit pyniasoh ia kane bad u siej, hynrei ka iasoh. Ki riewstad ki shem ba kaba ma eh ia u khynnah ha kane ka rta ka dei lada ym don ei ei ban leh. Kane te kaba ma palat. U khynnah lane u samla, haba ioh ka lad ban trei ki jingtrei kti, kum ka thain kriaah, thain shang, ka khoh ka trab, bad kiwei kiwei, u shu bun kam sah bad u siej. U pyrkhath kumno ban thlieh siej, ban trei, ban law khyrmet, khyllieng, ban sdang thaw, ban pyndep kawei hadien kawei, kumno ban myntoi ban ioh bai siew bad kumta ter ter. Haba ka long kumne, u khynnah um ju don por ban pyrkhath ia kawei ka ar. Ka jingmut jingpyrkhath jong u ka khuid ka suba, u im sngi ruh ban pyrkhath tang ia kiei kiei kiba dei ia ka trei ka ktah kaba myntoi. Uwei u psychologist u ong, kum kine ki khynnah ki lait na ki jingpynshoi ka jinglong samla. Na ki tiar trei (raw materials) ha ka thaw ka wet, dei tang u siej uba ngi pyndonkam bha. Kumta kam long kaba bakla ban ong ba u siej u don ka bynta ha ka Education.

DONKAM BAN THUNG SIEJ

Ngi ia ia kren ha ki lynnong kiba sha khmat ia ka jingriewspat jong ngi ha ka jingdon siej. Hynrei ngi shai khmat ne em ban iohi ia k dak ki shin, ki jingkem ki jinglar kiba pyni dak jingma ia u siej. Lada yr don ka jingiada, khlem artatien hadien khyndiat snem don ki siej kiba

ngi la ju don, ki lah ban jah jynduh jyndam. To ngin ia peit ia ki katto katne kiei kita kiba long ki daw ka jingma ia u siej.

1. Ka jingpyndonkam siej ha ka thaw ka wet shi-shi-taiew ka long da ki hajar ton. Ka jingpyndonkam ruh ka long kaba neh baroh shisnem lynter.

2. Ka jingrep lum kaba kynthup ia ka rep bun, rep thangram, bad rep thang shyrti ki long kiba pynjulor shisha ia u siej. Ha kane ka rukom rep, ka jingpynduh ka long ar ban. Kawei ka long ba u duh na ka jingthang shyrti, kaba ar pat ka long ba ki nongrep ki ju shop ia u siej ha ka por lyiur khnang ba un duh.

3. Ka jingshalan siej shabar jylla, ka long kaba jur man ka sngi.

4. Haduh mynta, ka jingthung siej ka duna bha. Ym don ka jingpynshlur ban ia thung paidbah ia u.

5. Ka jingbam lung siej shisnem shisnem ka long lehse da ki hajar ton. Nduh u July ter ter, ka jingdie lungsiej ka jur bha ha ki iew ki hat kylleng ka ri Khasi Jaintia. Nalor kaba shu die im kumne don bun bah ki shnong ha ri Bhoi, kiba pdem lung siej ha ki bnai synrai kat ban biang ban bam haduh kumba 6 bnai. Ha kawei kawei ka iing ki pdem hapdeng 15 haduh 25 khoh. Na ki jingtip kiba thikna, la sngewthuh ba kiba pdem lung ha kane ka rukom tang ha ri Khasi kim duna ia ka 1000 iing. Lada shim ia kaba shu pdeng, kawei kawei ka iing ka pdem lung siej 20 khoh, lada 1000 iing, ka long 20,000 khoh. Te hangno yn shan siej. Ia kane ka rukom pdem lung siej nga la lum jingtip (survey) ha ki shnong Sohnidan, Korhadem, Umlaper, Lamalong, Jair etc. jong ka ri Bhoi.

6. Haba leit poi ki riewkhrav ha kano kano ka jaka, donkam siej da ki hajar tylli ban ker pynitynnad ia ki surok bad ban long ka jingiada.

7. Ki paid duk ki donkam ban shna ia ki trep jong ki da u siej. Ki kontraktor etc. ruh ki donkam bun u siej ha kaba shna ia ki iing bun mala. Nalor kitei, ba la kdew,don bun bah kiwei kiwei ki jingpyndonkam siej man ka sngi.

Ka por lehse kam slem shuh ha kaba kan don ka jingdawa siej kaba jur, ban pynbiang ia ki karkhana shna kotsada, la ka long shabar ka jylla, lane hapoh ka jylla.

Hapdeng kine kiei kiei baroh, na ngi ki nongshong shnong kiba don ka jingkitkhlieh na ka bynta ka jingman bha ka ri bad ka jait bynriew, ngi don ka bynta kaba kham kyrpang ban leh kum ha kane ka khen. lwei pa iwei, (kat kiba don lad) to ngin ri tyngkai ia ki siej kiba la don lypa, bad ban ia thung siej ha la ki bri, ki lyngkha bad ha kper ruh. Da kaba leh kumta, ngin ia ioh bynta lem ha kaba pynneh pynsah bad pynroi ia ki siej kiba long ki mar khlaw ba kordor jong ngi.

U SIEJ HA KA KHANATANG U KHASI

Ka long kaei kaei kaba sngewtynnad ban pyrkhath, ba u Khasi u pyniasoh ia ki khanatang bad ka mariang. la kane ngi lap ha kiba bun ki khen. Ka khanatang kaba iadei bad u siej ruh ka long kaba da sngew dei ei ban pynsah jingkyndaw. To ngin ia sot khyndiat na kane ka khanatang kaba jrong.

Hyndai kulong kumah mymba dang lung ka sngi u bnai. Ka jingim shisnieh pyrthei ka long kaba synlar, kaba shisur. Ha kata ka juk, u briew ryngkat ki kynja ba-im bakhih, kiba par, kiba her, ki ia im ia man lwui shi lwui sha snieh pyrthei shi khrum ka bneng.

Na ka liang u Nongthaw Nongbuh Nongai hukum, u la khmih

bad la idei ba baroh ki kynja jingpynlong kin ia don la ka sap ba kyrpang ha la ka jait ka jait, kumta u la pynbna ban don ka dorbar bah ha kaba baroh kin ia wan lut. Ha kata ka lypung bah la ai lad ba baroh ha la ka jait ka jait kin buh ka jingpan bad kano kano kaba yn ai nangne kan neh junom. Hynrei ka jingpan ka dei tang kawei. Kumta la ia poi lut baroh ban buh ia la ka jong ka jong ka jingpan.

Ha katei ka dorbar bah, u briew u la wan poi khadduh. Haba u la poi la ai lad ba un buh ha khmat ka Nonghukum ia la ka jong ka jingpan. U briew u buh ia la ka jingpan ban ioh **KA BOR**.

Ka Nonghukum ka la iathuh ba ia **ka bor** la lah ai ha U mrad. Kumta u briew u la poi ha ka diaw-ka bukhkoh namar u la angnud eh ban ioh ia ka Bor. Hynrei ym don lad shuh da kumwei, u la dei ban pan noh da kawei, bad la ailad ia u ban pan da kawei. Haba u la khan shiphang jlang, u la pan noh ban ioh da **KA BUIT**.

Haba u la ioh na ka Nonghukum ia ka Buit kum ka jingai ba kyrpang, u la dei ban pyndonkam ia ka, kumno ban iada ia lade na ki mrad khlaw kiba donbor kumno ruh ban iada ia la ki lyngkha ki risai na ki mrad kiba wan thombor ia ka rep ka riang.

Hapoh ka jylli jong ka shem buit kaba u la ioh pdiang kumba la iapan, u briew u phai nyngkong sha u siej. Kumta na u siej u thaw ki khnam ki ryntieh. Ha kata ka por, ym lah shuh ban tip haduh katno tylli ki jait khnam jait ryntieh kiba u barim u la thaw na u siej. Na ki siej ryntieh kiba ngi dang ioh pateng na u barim dang ia tip sa saw jait kita ki long:- Ka 'tieh siat, ka 'tieh maw, ka 'tieh batur bad ka 'tieh riamsiat. Khnang ban pynjyndeng ban pynjynthap ia la ka ryntieh, u la shem buit ruh ban thaw sa u saisiej bad u saiwoh ia kiba u shna beit da u siej.

Khnang ban siat ia ki mrad kiba heh bad kiba rit, u la thaw ki

khnam na ki siej iaw ba la bamsaw- kum u khnam Shynroh, u khnam Tynsiang bad u khnam Phiah. Ha ka jingshisha, ia u khnam phiah, ki kham pyndonkam ban siat kum ka jinghikai ban pyntbit ban beit kti bad ruh ka jingpynjanai ia ka jingtbit ban siat. La kumta ruh, ia ki mrad rit, kum u risang, u khmud, ki sim etc. ka la biang wat tang u namphiah ruh.

Katba nangiaid ka por, u briew ula pyndonkam ia ki khnam ban tymphong nar, kum u nampliang, u sum etc. Ban thaw ia kine, u la leit sha u nongshonthaw lane u *Biskorom*, uba shna ia ki atiar nar.

Kat kum ka buit ka sap kaba u la ioh lypa kum ka nongkynti, u la shem buit ruh ban thaw ia ki jingriam. Na ka bynta ki jingriam mrad ruh, u phai sha u siej. Kum ban shu jer khyndiat na ki, kine ki long ki jingriam kiba u pyndonkam da u siej.

Ka pap, ka riam batur, ka riam slung, ka riam theh, ka riam khung, ka riam syrwhah, ka riam kwar bad ka riam rymban. Wat ha ka riam hyndei ruh u dieng thyrwai, uba kongsan eh, dei hi da u siej.

Khnam ban pynma ia ki mrad kiba wan tuh lyngkha, kum u shrieh, ka dngiem, ka skei, u sniang, dyngkhied, brai etc. U thaw da ka Lyngkyrdong. Kane ka dei kaba shu tied hi bad sngi bad miet tlong shi tlong. Ia kane ruh u thaw beit hi tang da u siej. Nangta u shna ka kynram kaba dei ban shu ring da u tyllai khnam ba kan tied sawa. Ia kane ruh u thaw da u siej.

U SIEJ BAD KI KHANATANG (II)

Ha ka shnong Sohnidan, haduh mynta ki dang iai kynmaw ia ka Khanatang kaba ia dei bad u siej. Kata ka khana haba shim lyngkot ka long kumne:-

Ha ka por mynhyndai eh, ki ong haba la sep ka sngi ka miet ka la hiar ban kdup ia ka meiramew, kumta la tap rben da ka jingdum tliw-tliw. Ha ka por jong ka miet ba dum, ju wan rung hapoh shnong ki ksuid, kiba pyntieng bad pynshong syier ia ki nongshong shnong baroh. Haba ki ksew ki wiar ia ki, ki shu lympat syik-syik bad ki iap lut ki ksew. Ia ki jingri ruh ki pyniap bad pynjulor kai.

Haba ka long kumne man ka por, ki briew ruh ki la shong syier bad rit mynsiem. Haba la kem iongreiñ, kim nud shuh ban mih na iing. Kumta ka la pynduh lad ia ki ban ia rung ia mih sha ki marjan-marpa bad kiba ha iing ha sem.

Kane ka la pynjukhom jingmut ia baroh ki tymmen ki san jong ka shnong. Ha kawei ka sngi, ki la ia pyrkhat lang da kumno yn leh ban ia leh pyrshah ia une u ksuid. Ha kane ka jingiapyrkhat ki la jied hynriew ngut ki riwkhlain na shnong. Kine ki rangbah ki la pynkhreh ki tyllai kiba jwat. Kine ki tyllai ki dei kiba ki kyllain na ki lwar siej kiba dang lung kiba jem bad jwat bha. Haba la biang lut ki jingpynkhreh, ki la ia ap miet bad hadien ba ki la iai ap bun miet, uta u mrad kynsha u la wan. Kita ki rangdajied, ki la ia kynrup kynsan, bad khum ia u da kita ki tyllai siej. Nangta ki teh ia u, ha u Dieng Tasong (Une u diengtasong ruh u dei u siej, uba ki ju pyndonkam haduh mynta ha ka kam thain jain). Haba la teh la khum ia u, ki la jop bad pyniap duh ia u.

Haba ki la ioh pyniap ia u, ka shnong ka thaw baroh ka la shongsuk. Kumta ki briew ki la ioh ban iaid da ka jingsngewshngain wat ha ka por miet.

U SIEJ BAD KI KHANATANG.

(III)

Ha ka jingiathuh khana 'Ka tiew Larun' u siej u la ioh ka jaka pdeng ha kato ka khanatang. Kat kum ka jingiathuhkhana, ka jynjar- ka bijar jong ki arngut shipara, ka dei na ka daw ba ka para ka la dih ia ka um kaba u hymmen u la ioh na u siej sylli. U Sylli u dei uwei na ki jait siej uba haduh mynta-mynne ruh u don um. Hoid, ki don kiwei kiwei ruh ki jait siej kiba shong um ha ki pung, hynrei kham lap kynrei ha u siej Sylli.

• Ha kato ka jingiathuh khana, la iathuh ba u bsein u la leit rung sha ka kpoh jong ka khynnah bad katba nang iaide ki sngi u nang heh nang heh.

Ka long kaei kaei kaba sngewtynnad ban ong ka long ba hapdeng jong ngi u khun Khasi-Khara, ngi don ka jingshai, jingsngewthuh ba ym ju bit ban dih ia ka um kaba don ha u siej. Wat lada ka um ka i khurd katno katno ruh, hoid wat lada lap ka jingsliang kaba jur ruh, ym ju bit ban dih ia ka um kaba don lypa ha u siej.

U SIEJ BAD KI KHANATANG.

(IV)

Hyndai kulong kumah haba dang lung ka Meiramew bad ka jingim ka dang synlar shikhrum ka bneng, baroh ki jingthaw ba im ki dang nang lang kawei ka ktien. Ka jingiadei para ki ruh ka dang long kum shikur.

Kum ha kata ka por, la wan jia pynban ba ka sngi ka la shu jah jar khlem wan mih wan paw shuh. Baroh u jingthaw ba im u la sah ha ka lyngngoh ha ka lyngaiñ bad u la dum buit tiaw. Ha kata ka por la pynlong ka pyrta ka shula ban lum bna lang ban ia pyrkhath lang kumno ban leit khot biang ia ka Sngi. Kumta la wan poi u paid byllien sha kata ka dorbar pyllun. Hapdeng ka jingpyrkhat ka masi ka la ong, “ngan khot ngan pyrta ma nga laisien laiwat”. bad ka sngi kan wan biang. Kumta ka la kyan tynggeh B-o-o-o (laisien laiwat) hynrei ym don jubab. Nangta mih sa u u Syiar- u kynih lai sien lai wat - ka shai ka pyrthei kdar.

Mar kumta, u Syiar u la kynjat ia ka Masi na ki bniat bad la hap lut ki bniat jong ka kiba shaneng (namar ki la lah iakut lypa kumta).

Ka Masi kaba ju bam da ki sla kdait sla lynnai, hadien ba la khein ki bniat ruh, ka la kynjoh ia u sla lynnai ban bam. Hynrei haba ka la dait u khlem dkut namar bym don bniat shuh na shaneng. Hynrei u sla lynnai wat la um dkut ruh, u la shu ran na kato ka bynta ba dait ka Masi. Haduh mynta mynne, lada phin peit, uwei pa uwei u sla lynnai, u paw sah ka jingran na kato ka bynta dait ka Masi, tang shu dep khein ki bniat na ka jingkynjat u Syiar.

KI KUR JONG U SIEJ

U siej u long uba don la ka kynhun bah bad u iadon bun jait kumba ngi lap ha ki khlaw ki btap.

Nalor u siej, ki don bun kiwei pat kiba dangiadei shikur bad u siej. Kine ki syriem ia u siej ha ka rukom jinglong ba bun bynta. (1) Ki

kha khun ha kajuha ka aich bad u siej bad ka rukom kha ka long kumjuh
 (2) Ki don mat don pung (3) Ki don ia ki kob (4) Ki pei thliw hapoh ki
 pung jong ki (5) Ki long lwar haba thlieh ia ki (6) Ki sla ruh ki syriem ia
 ki sla siej. Hynrei ki het symbai da ki phniang kiba ki phuh man ka
 snem. Katba u siej u phuh teng teng.

Ha kane ka lynnong, ngin shu jer kyrteng iaki katto katne (ha
 ka jingshisha ka jingbatai ia ka ka long kaba bun).

1. U Khah u don sha ri thor bad ri lum.
2. U Nor u don tang sha ri thor bad khap rithor.
3. U Japung heh.
4. U Japung nar.
5. U Japung ja (uba ki thain shylliah).
6. U Kdait (uba bha eh ban ai masi).
7. U lynnai uba ngi ioh syrsar, u long ruh u dawai khmat uba bha,
 bad uba don ka khana pateng.
8. U Lyseng uba bha eh ban pynlong umphniang.
9. U phong lyngkyrthi.

Nalor kine, lehse lah ban dang don shuh sa kiwei ruh kiba iadei
 kur bad u siej.

JINGBATAI KTIEH

Buh Shynnai:- Ka Shynnai ka dei ka jakhlia (placenta) kaba mih ha ka por ba kha khun. la kane kim ju bret khlemakor hynrei ki thep ha ka jingdiang bad leit buh ha tnad jong ki dieng sohi-ia, diengngan etc, sha rud nong.

Namphiah:- U khnam uba la khud bha da u siej iaw tangba ki da thaw kyoh bad tyngkhap sner, ia ka khmut bad la lit nep ki da thang khyndiat Ki khot ruh ia u, u nam thang

'Nam Shynroh:- U khnam ba la shna na u siej iaw bad la ot shrong ha ka dur u nampliang, tangba ka shrong ka don tang shilliang.

'Nampliang:- U khnam nar ba la shaiñ nep ha ka dur jong u sum, ha une la thep risaw bad pynpur sner ha ka juh ka rukom kum ia u nam sop.

'Nam Tynsiang:- U khnam phong ba la tymphong na khmut da u shken U nam tynsiang um dei uba nep.

U 'Nam sop:- U khnam uba ju pyndonkam ha ka iasiat. la u risaw la shna na u stew bad la tymphong ha ka sador ba la kli pynnep bha, harum ka kyoh la pynpur da ki sner pukni.

U 'Nam lasum:- U risaw jong une u khnam ruh ki shan na u stew tangba ki shim da uba kham jrong bad kham heh. U sop jong u ruh uba jrong bad uba khia. la une ki pyndonkam beit tang ha ka lasum.

U Khnong:- U dieng ne u siej ha uba yn pynsong ia u lphur. la u tyrpait ki siang halor u lphur.

Syrdeng:- Ka jingker iing da u tyrpait lane siej na shaphang krung iing kaba ym shym da kyllan ktieh.

U Khyrmet:- Ka bynta ba halor eh jong u siej kaba jyrngam. Ja pynlong lwar, thaw jingthaw da u khyrmet.

Khyrlieng:- ka bynta ba kham hapoh jong u siej kaba haba la shim ia u khyrmet uba sah dei u khyrlieng.

Matla:- Ka bynta ha ka mat jong u siej na kaba ki tnad slej ki mih

Wartab:- U lwar uba shimat bad arpung ia une ki pyndonkam ban teh ia u phiang sder ne phiang tynriew ha u patiew

'Warphiang:- U Lwar uba jrong tang shipung shken. Haba phiang sder ne phiang tynriew ki teh da u warphiang.

'Patlew:- U dei u dieng ne siej uba la teh na u trum baroh ariang, u kot harum jong u

shabah ba la pyndem halor u pyniar ban long ka shynrong iing. Dei ha une ba la teh ia u phiang sder ne tynriew.

U Tyrpait:- Ia u siej uba la pynpait da ka wait lyngngun bad pynsah baroh uwei khlem pynkhlad ia kano kano ka bynta kaba la pynpait, la khot u tyrpait, ia u tyrpait ju siang ne ker ia ka iing.

'Tithung:- U siej lane ki dieng kiba da thung, bad u nongthung u long trai.

Thohshaiñ:- Kaba khet naphang ia u siej bad ba iaw bad ba lung kat uba i long ban pyndonkam

U Sup:- U dei u shang uba la shna da u ktang ba la thlieh stang bha. Don kiba pyndonkam tang u khyrmet don pat kiba pyndonkam lang bad u khyllieng ruh. U sup u dei uba heh u ngiam haduh 8 ne 10 mon u krai.

Ka Thiar:- Ka dei kaba ki thain pyllun da u tyrpait sylli lane tyr-a ba la shain pynpait khlem da law khyllieng. Ia kane ki shu thain piahwei. Ka thiar ka don arjait. Kawei kaba sop ia u sup lane u shang Kawei pat kaba ki shu thep beit ha ka thiar ia u sohriew, u kba, etc.

Syllai:- Ha ka rukom rep shyrtie khlaw, ia ka lyngkha hadien ar snem bad hapoh saw snem naduh ba rep ki khot ka syllai. Hadien saw snem ki khot ka risai lane ka sai, hadien kata ka long sailung, hadien kata ka long saiiaw lane riaw.

Nohtah:- Ka jingkieng kaba pun halor i wah rit da kaba shu buh ar ne lai tylli da ki dieng lane da u siej. Kane ka jingkieng ka lah ban don jingbat lane khlem jingbat ruh. Ka dei kaba shu buh tang shipor.

Syngkhong:- U Syngkhong u dei dieng tylli uba la buh pyngkiang ban pynshaniah ia ki siej jingkieng. Ka jingskhem jong ka jingkieng ka shong ha u syngkhong. U syngkhong u dei ban long da u sad, uba heh namar ka jingkhia ka jingkieng ka ban ha u syngkhong.

Kanah:- U dieng uba la teh pyngkiang ha ka jingkieng khnang ban skhem bad ha kajuh ka por u long jinguih.

U Bnoh:- Une u dei u siej tylli uba jrong 60 ne 70 phut uba ki teh baroh arliang ka jingkieng bad pynskhem shajrong na ki diengbah da kaba bnoh ha ki tnad bah jong ki dieng.

Pyniakem Ktang:- Ka rukom pyniakynduh na baroh arliang ia ki siej hamar ka bynta kaba hapdeng jong ka jingkieng, Ha bym nang ban pyniakem ktang ka jingkieng kam wandur, kam skhem bad ka khih haba iaid.

Narang:- la ka narang ki thaw da u tyrpait tyr-a lane sylli da kaba shu thain piahwei. Ka jrong 6 ne 8 pruh bad ka pyngkiang kumba 6 pruh. Ki pyndonkam ha kaba iuh ne shoh krai, bad iuh sohriew.

Ka Pdem:- Ka dei kaba ki shna ban iuh krai, iuh sohriew, ka heh kat ban biang ban iuh krai 6 ne 8 ngut ki briew. la ka pdem ki siang shwa da ka lakait baroh kawei ka pdem, ki sa siang halor ka lakait da ka narang. la kane ki da ker baroh ariang ha ka jingjrong kumba ar pruh shida

U Phniang:- U dei u shyieng uba don jingim na uba yn sa mih u symbai, u phniang, u phniang barabor ki ong tang ia ki shyieng kiba nt bha bad barabor ki da don skop kiba sop ia ki.

Kyrtiah:- U dei u lyer uba wan ryngkat bad u slap ha ki bnai Nailar lane Nailur. U kyrtiah u pynduh shibun eh ia u siej bad jingthung jingtep.

Siej Liarngot:- U siej uba la khein noh u klier ha ka por ba u dang lung. Une um larkam shuh baroh shirta namar ba u la long lungja. la u siej uba kdiah klier ynda laiaw, kim khot u siej liarngot, ki ong u siej kdiah klier

Lungja:- U siej lungja u jem bad shroin. Um long ban pyndonkam lait tang ban thang diengiap.

Ka Khoit:- U khun siej uba dang sop da ka kob, haba la khoh iaka kop, ioh u khoit uba lieh bad jem.

Slat Khoit:- Kane ka dei ka jingiasiat ki lung siej ha ki bnai Nailar bad Nailur. La ngeit ba ka kham jia ha ki kyrshem wah.

Rep Bun:- Ka rukom rep da kaba buh kyntem, nangta ki puh stong bad haba u la rkhiang ki tep halor ka kyntem bad sa thang.

Thang Syrtie:- Ka rukom rep da kaba shyrtie ia ki khlaw ha ki bnai Naiwieng haduh Kyllalyngkot bad thang ha u Rymphang-Lber

Thangram:- Ka rukom rep da kaba shu thang ia ka khlaw kat ban biang ban rep lyngkha. Haba la thang, ki mait pyngkhuid bad thung jingthung hangta. Ha ka rep thang ram, bunsien ki thung tang u krai, sohriew, shriew u nei etc.

KIJUH KI SIEJ, IAPHER KA JINGKHOT

Ki don katto katne ki hjait siej kiba iapher ki kyrteng na kawei ka jaka sha kawei pat wat la ki dei kijuha ki jait siej. Katto katne na kita yn ai lyngkot hangne.

1. U Shlu: Ia u siej don ki jaka kiba ki briew ki khot u Rla. Don bun ki jaka ha West Khasi Hills kiba khot kumta. I Parad Sidon Kharpan (ba la khlad) iba na Nongmadan, i iathuh ba u siej Rla dang ha ki por mynshuwa u bun bha ha ki them ka Wah Umiam. Dei na kata, ka jaka kaba don harud Wwah Umiam kaba ki khot ka Kyndong Rla dei ba ka ioh kyrteng na u Rla. Don ruh ki jaka kiba ki briew ki jer u La ia u Shlu.

2. U Tyllaw: Une u siej uba iaid kam eh ka ka thaw iing thaw sem, ker kpar etc. Sah ri Dkhar ruh ki niewkor eh ia u. Kumta don ki jaka ha Ri Bhoi kiba ki dkhar ki ia wan wad tynrai tyllaw ban ioh thung. Sha Tyngchor kaba ha ka Hima Jyrngam bad sha ki thain Umsohpieng ruh ki khot U Rthaw. Don katto katne ki jaka ba ki khot U Tarlaw.

Nalor kine ba la ai hangne dang don kiwei kiwei ruh ki jait siej kiba iapher ka jingkhoh kyrteng ia ki hynrei iim da ia lait eh kum kitei ba la ai haneng.

KI SIEJ HA GARO HILLS

Hadien ba ka jer ka thoh ia ki siej kiba don ha Ri Khasi ka long ruh kaba dei ban kynthoh khyndiat ia ki jait siej kiba dion ha Garo Hills. Katba lah ban lum jingtip la shem ba ki siej kiba kham kongsan ha Garo Hills (yn ai da ki kyrteng kat kum ka jingkhoh ki Garo).

(1) Wadro (2) U Wadra (3) U Watro (4) U Wanok (5) U Wasim (6) U Wage (7) U Wakynta (8) U Wanara (9) U Wajra (10) U Waatosa (11) U Wama.

Meghalaya

*the land of eternal charm the
store-house of natural wealth*

calls upon each and

every one

big and small

*to help preserve and protect
the environment and maintain*

the ecological balance

for the well-being of all and

for the interest of posterity.

Issued by the Directorate of Information and Public Relations,
Meghalaya, Shillong

**STATE COUNCIL OF SCIENCE, TECHNOLOGY &
ENVIROMENT,
(SCSTE)
MEGHALAYA**

N O T I C E

THE STATE COUNCIL OF SCIENCE TECHNOLOGY & ENVIROMENT (SCSTE), MEGHALAYA INVITES PROPOSALS FROM VOLUNTARY AGENCIES FOR CONDUCTING PROGRAMME UNDER THE "ENVIROMENTAL AWARENESS PROGRAMME".
For further details, please contact the undersigned.

R.D. WEST
*Member-Secretary,
State Council of Science, Technology
& Enviroment, Meghalaya.*

Phone No. 223795 (O),
228828 (R)

**STATE COUNCIL OF SCIENCE, TECHNOLOGY & ENVIROMENT
(SCSTE)
MEGHALAYA**

THE STATE COUNCIL OF SCIENCE, TECHNOLOGY & ENVIROMENT (SCSTE), MEGHALAYA INVITES PROPOSALS FROM VOLUNTARY AGENCIES FOR CONDUCTING PROGRAMME UNDER THE SCHEME "SPONSORED SCIENCE & TECHNOLOGY POPULARISATION PROGRAMME".

For further details, please contact the undersigned.

R. D. WEST
**Member-Secretary,
State Council of Science, Technology
& Enviroment, Meghalaya.**

Phone No. 223795 (O)

DEVELOPMENT PLAN SCHEMES OF THE SERICULTURE AND WEAVING DEPARTMENT IN MEGHALAYA.

Sericulture and Weaving are the two rural based Industries for the upliftment of the Socio-economic condition of the rural mass.

In order to generate employment for the rural people as well as helping in solving un-employment problem for the un-educated youths of the State, the following need-based schemes are being implemented in both Sericulture and handloom-Weaving Industries :-

- i) Intensive Development of Silk Industries
- ii) Intensive Development of area Silk Industries.
- iii) Organisation of Eri Silk Industries.
- iv) Training Programmes.
- v) Strengthening of Silk Reeling Units.
- vi) Diversification of Silk Cocoons.
- vii) Intensive Development of Handloom Fabrics.
- viii) Assistance to State Apex Primary Weavers/Co-operative Societies
- ix) Assistance to State Handloom & handicrafts Development Corporation.

Besides, implementation of the above General State Plan Schemes, the Department is also taking advantage of the Catalytic Developmental Programme of the CSB, the Integrated Development of Muga Seed Project under N. E. C in the Sericulture Sector as well as the Schemes of the Govt. of India such as Health Package and Workshop for Handloom Weavers in the Handloom Weaving Sector.

For more detail please contact :-

The Directorate of Sericulture & Weaving,
Nokrek Building,
IIIrd Sectt.
Meghalaya, Shillong.

Issued by :-

**The Directorate of Sericulture & Weaving Department.
Meghalaya, Shillong.**

Phone : 561091

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**KA SOCIAL FORESTRY
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DA U PAITBAH BAD NA KA
BYNTA U PAIDBAH.**

**PYNTHIKNA IA KA LAWEI JONG KA
JAITBYNRIEW LYNGBA KA MARIANG
KABA KOIT KABA KHIAH DA KABA IA
DON KTI HA KA JINGTHUNGTIENG
JONG KA SOCIAL FORESTRY**

**Lada phi kwah symbai wan rung ha ka ophis Social Forestry
bajan tam.**

La pynmih da ka

**EXTENSION WING,
FOREST & ENVIRONMENT DEPARTMENT,
MEGHALAYA.**

FAMILY WELFARE AND MCH PROGRAMME

FAMILY WELFARE AND MCH IS IMPLEMENTED IN MEGHALAYA FOR HEALTH OF MOTHERS AND CHILDREN THE FOLLOWING SCHEMES ARE IMPLEMENTED FOR ACHIEVING THE SAID OBJECTIVES:

TO REDUCE THE:

- (A) MATERNAL AND CHILD MORTALITY AND MORBIDITY
- (B) IMMUNIZATION OF INFANT AND CHILDREN AGAINST 6 (SIX) KILLERS DISEASE NAMELY:
 - 1. DIPHTHERIA
 - 2. PERTUSSIS
 - 3. TETANUS
 - 4. POLIO
 - 5. B.C.G
 - 6. MEASLES
- (C) SUPPLY OF IRON AND FOLIC ACID AND TABLETS FOR PROPHYLAXIS AGAINST NUTRITIONAL ANEMIA AMONG MOTHERS AND CHILDREN
- (D) SUPPLY OF VITAMIN 'A' SOLUTION FOR PROPHYLAXIS NIGHT BLINDNESS AMONG CHILDREN
- (E) SUPPLY OF ORS TO COMBAT DEHYDRATION AMONG CHILDREN DUE TO DIARRHEA DISEASES
- (F) TREATMENT OF ACUTE RESPIRATORY INFECTION AMONGST CHILDREN
- (G) SPACING OF CHILDREN BIRTH
- (H) CARE OF REPRODUCTIVE TRACT INFECTION

ISSUED BY THE DIRECTORATE OF HEALTH SERVICES (MCH & FW)
MEGHALAYA SHILLONG

Phone:

243493 (S)

260231 (R)

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DEALERS IN:

***STATIONERY ARTICLES, SURGICAL INSTRUMENTS,
P.A. EQUIPMENTS. MACHINERIES, AGRICULTURE SEEDS,
MEDICINE, Etc.***

ON THE THRESHOLD OF THE NEXT MILLENNIUM,
LET US MAKE A CONSCIOUS EFFORT TO ENDOW
THE LAND WITH THE OPULENCE IT DESERVES.

“SOIL, WATER AND VEGETATION”

- NATURE ‘S GIFT AND NATIONAL WEALTH,
- SOURCES OF ALL GROWTH AND DEVELOPMENT,
- IN ALL SPHERES OF HUMAN LIFE AND ACTIVITIES.

HUMAN THOUGHLESSNESS HAS SUBJECTED SOIL TO
VARIOUS EXPLOITATIONS, JHUMMING OVER - GRAZING,
QUARRYING AND UNSCIENTIFIC MINING , DEFORESTATION
AND BAD LAND - USE HAS ENDANGERED ITS BASIC TEXTURE
AND UTILITY.

PROTECT THE SOIL AND ITS ALLIES

- ADOPT TERRACE CULTIVATION ALONG WITH PROPER
LAND - USE AND SCIENTIFIC MANAGEMENT,
- GROW MORE TREES, BAMBOOS AND COVER CROPS

TO SAVE IT FROM HUMAN DESTRUCTION AND NATURAL ONSLAUGHTS.

PARTICIPATE IN THE TASK OF NATION BUILDING

“SAVE THE SOIL AND PROTECT THE ENVIROMENT
FOR THE CAUSE OF HUMAN SURVIVAL”.

Issued by :

***DIRECTOR OF SOIL & WATER CONSERVATION
MEGHALAYA, SHILLONG***

**FOR PROMOTING EXCELLENCE IN THE
FIELD OF EDUCATION
OUR MISSION IS TO IMPROVE QUALITY
OF SCHOOL EDUCATION IN GENERAL
AND
ELEMENTARY TEACHER EDUCATION IN
PARTICULAR
BY ACHIEVING INSTITUTIONAL GOALS
THROUGH, RESEARCH, DEVELOPMENT
TRAINING, EXTENSION AND DISSEMINATION.**

*Issued By The Directorate Of Educational Research
And Training, Meghalaya, Shillong.*

The Directorate of Employment and Craftmen Training, Meghalaya functions through a network of Employment Exchanges and Industrial Training Institutes in the State. The Employment Exchange provide employment assistance to job-seekers. They also provide General and Vocational Guidance to students and Youths in the matter of choosing their career. There are at present 6 (six) Employment Exchanges in District Headquarters and 4 (four) in Sub-Divisional Headquarters. The Industrial Training Institutes impart Vocational Training to Youths in Various trades to equip them with necessary skills enabling them to secure employment or take up self-employment for earning their livelihood. There are at present 7 (seven) Industrial Training Institutes functioning in the the State.

**Issued By The Directorate Of Employment & Craftmen Training
Meghalaya, Shillong.**

WITH BEST COMPLIMENTS

FROM

Mrs. M. Kharkongor

GOVT. REGED. WORKSHOP

LAIMER SHITENG, UPPER SHILLONG

SHILLONG 793005

Na ka bynta

**kine ki tiar ban shna ia ki, ngi la
pyntbit bha (Specialised)**

**Window grill, Iron gate, collapsible,
shutter, lathe works, welding, turning
and**

**rethreading head and block
ambassador/Jeep etc.**

FAMILY WELFARE AND MCH PROGRAMME

FAMILY WELFARE AND MCH IS IMPLEMENTED IN MEGHALAYA FOR HEALTH OF MOTHERS AND CHILDREN THE FOLLOWING SCHEMES ARE IMPLEMENTED FOR ACHIEVING THE SAID OBJECTIVES:

TO REDUCE THE:

- (A) MATERNAL AND CHILD MORTALITY AND MORBIDITY
- (B) IMMUNIZATION OF INFANT AND CHILDREN AGAINST 6 (SIX) KILLERS DISEASE NAMELY:
 - 1. DIPHTHERIA
 - 2. PARTUSIS
 - 3. TETANUS
 - 4. POLIO
 - 5. B.C.G.
 - 6. MEASLES
- (C) SUPPLY OF IRON AND FOLIC ACID AND TABLETS FOR PROPHYLAXIS AGAINST NUTRITIONAL ANEMIA AMONG MOTHERS AND CHILDREN
- (D) SUPPLY OF VITAMIN 'A' SOLUTION OF PROPHYLAXIS NIGHT BLINDNESS AMONG CHILDREN
- (E) SUPPLY OF ORS TO COMBAT DEHYDRATION AMONG CHILDREN DUE TO DIARRHEA DISEASES
- (F) TREATMENT OF ACUTE RESPIRATION INFECTION AMONGST CHILDREN
- (G) SPACING OF CHILDREN BIRTH
- (H) CARE OF REPRODUCTIVE TRACT INFECTION

ISSUED BY THE DIRECTORATE OF HEALTH SERVICES (MCH & FW)

MEGHALAYA SHILLONG

Heartiest Greetings

Wishing

S. KHONGSIT

Success in his endeavour
to preserve this very vital plant
the bamboo plant

Phone: 260444

R. LYNGDOH

NOGRIMBAH LAITUMKHAH

SHILLONG 793003, MEGHALAYA

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